

**SWIMMING FOR  
PARENT/CHILD  
PRESCHOOL  
SCHOOL AGE**

**LATE FALL 2014**  
November 10<sup>th</sup> - January 25<sup>th</sup>

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
10:15-10:45 Wee Whales 18-36 mos.	10:00-10:30 Tiny Tugboat 6-18 mos.  10:30-11:00 Turtles 3-5 yrs.		10:30-11:00 Growing Goldfish 2-4yrs  11:00-11:30 Wee Whales 18-36 mos.  11:30 - 12:30 Jump 'n' Swim 11:30-12:30	10:15-10:45 Shrimp 3-5 yrs.  10:45-11:15 Seahorse 4-6yrs  11:15-11:45 Turtles 3-5 yrs.	9:00-9:30 Tiny Tugboat 6-18 mos. Shrimp 3-5yrs.  9:00-9:45 Level 2 5-10 yrs. Level 3 6-12 yrs.  9:30-10:00 Growing Goldfish 2-4 yrs. Turtles 3-5 yrs.  9:45-10:30 Level 3 6-12 yrs. Level 4 6-12 yrs.  10:00-10:30 Wee Whales 18-36 mos. Seahorse 4-6 yrs.  10:30-11:15 Level 1 5-10 yrs. Level 2 5-10yrs.  10:30-11:00 Growing Goldfish 2-4 yrs. Turtle 3-5 yrs.  11:00-11:30 Shrimp 3-5 yrs. Seahorse 4-6 yrs.	9:00-9:30 Wee Whales 18-36mos. Shrimp 3-5yrs  9:00-9:45 Level 2 5-10 yrs. Level 3 6-12 yrs.  9:30-10:00 Tiny Tugboats 6-18 mos. Seahorse 4-6yrs.  9:45-10:30 Level 1 5-10 yrs. Level 2 5-10 yrs.  10:00-10:30 Growing Goldfish 2-4 yrs. Turtles 3-5 yrs.  10:30-11:00 Turtles 3-5 yrs. Shrimp 3-5 yrs.  10:30-11:15 Level 5 8-14 yrs.  11:00-11:30 Shrimp 3-5 yrs. Seahorse 4-6 yrs.  11:15-12:00 Level 3 6-12 yrs. Level 4 6-12 yrs.  11:30-12:00 Turtle 3-5 yrs.
1:00-2:00 Jump n Swim	1:30-2:30 Jump n Swim	12:15-1:30 Gym & Swim 4-5 yrs.  1:30 - 2:00 Shrimp 3-5yrs. Seahorse 4-6yrs	1:30-2:00 Shrimp 3-5 yrs.  2:00-2:30 Turtle 3-5 yrs.	1:00-2:00 Jump 'n' Swim	10:00-10:30 Wee Whales 18-36 mos. Seahorse 4-6 yrs.  10:30-11:15 Level 1 5-10 yrs. Level 2 5-10yrs.  10:30-11:00 Growing Goldfish 2-4 yrs. Turtle 3-5 yrs.  11:00-11:30 Shrimp 3-5 yrs. Seahorse 4-6 yrs.	11:00-11:30 Shrimp 3-5 yrs. Seahorse 4-6 yrs.  11:15-12:00 Level 3 6-12 yrs. Level 4 6-12 yrs.  11:30-12:00 Turtle 3-5 yrs.
3:45-4:15 Shrimp 3-5 yrs.  3:45-4:30 Level 1 5-10 yrs. Level 2 5-10 yrs.  3:45-4:30 Level 6 8-14 yrs.  4:15-4:45 Turtles 3-5 yrs.  4:30-5:15 Level 3 6-12 yrs. Level 4 6-12 yrs. Level 5 8-14 yrs.  4:45-5:15 Seahorse 4-6 yrs.  5:00-6:00 Pre Team 1 8+ yrs.  5:15-5:45 Shrimp 3-5 yrs.  5:15-6:00 Level 2 5-10 yrs. Level 3 6-12 yrs. Level 4 6-12 yrs.	3:45-4:30 Level 3 6-12 yrs. Level 4 6-12 yrs.  4:00-4:45 Level 1 5-10yrs.  4:00-4:30 Seahorse 4-6 yrs.  4:30-5:15 Level 5 8-14 yrs. Level 6 8-14 yrs.  4:45-5:15 Shrimp 3-5yrs  5:00-5:30 Shrimp 3-5yrs  5:15-5:45 Seahorse 4-6 yrs.  5:15-6:00 Level 2 5-10yrs. Level 3 6-12yrs.	3:30-4:00 Seahorse 4-6yrs.  3:30-4:15 Level 3 6-12yrs  3:45-4:30 Level 4 6-12 yrs. Level 5 8-14 yrs.  4:00-4:30 Shrimp 3-5 yrs.  4:15-5:00 Level 4 6-12yrs.  4:30-5:15 Level 1 5-10yrs Level 2 5-10 yrs.  4:30-5:15 Level 1 5-10yrs Level 2 5-10 yrs.  5:00 - 5:30 Turtle 3-5 yrs.  5:00-6:00 Pre Team 1 8+yrs.  5:15-6:00 Level 4 6-12 yrs. Level 6 8-14 yrs.	3:45-4:30 Level 2 5-10 yrs. Level 3 6-12 yrs.  4:00-4:30 Shrimp 3-5 yrs. Seahorse 4-6yrs  4:30-5:00 Shrimp 3-5yrs Seahorse 4-6yrs.  4:30-5:15 Level 1 5-10yrs Level 2 5-10 yrs.  5:00 - 5:30 Turtle 3-5 yrs.  5:00-6:00 Pre Team 1 8+yrs.  5:15-6:00 Level 4 6-12 yrs. Level 6 8-14 yrs.	3:30 - 4:10 Dry Land 8+ yrs.  3:45-4:30 Level 2 5-10yrs Level 3 6-12yrs  4:00-4:30 Shrimp 3-5 yrs.  4:30-5:15 Level 4 6-12yrs. Level 5 8-14yrs  4:15-5:15 Pre Team 1 8+ yrs.  4:30-5:15 Level 1 5-10yrs  5:15-6:00 Level 2 5-10 yrs.  5:15-6:15 Pre Team 2 9+yrs	11:00-11:30 Shrimp 3-5 yrs. Seahorse 4-6 yrs.  11:15-12:00 Level 3 6-12 yrs. Level 4 6-12 yrs.  11:30-12:00 Turtle 3-5 yrs.	1:00- 3:00 S.N.S.L.  2:00-3:00 Rec. Swim  3:15-3:55 Dry Land 8+yrs.  4:00-4:30 Seahorse 4-6yrs  4:00-5:00 Pre Team 1 8+yrs.  4:30-5:00 Shrimp 3-5 yrs.  5:00-6:00 Pre Team 2 9+yrs.  5:00-5:30 Turtles 3-5yrs  5:00-6:16 Rec Swim  5:30-6:15 Level 1 5-10 yrs
6:00-7:00 Pre Team 2 9+ yrs.  7:00-8:00 Pre Team 3 10+ yrs			6:00-7:00 Pre Team 3 10+yrs	7:15-9:45 Rec Swim	<p><b>DUE TO SPECIAL ACTIVITIES, SCHEDULE IS SUBJECT TO CHANGE.</b></p> <p><b>ALL CLASSES WILL BE PRO-RATED.</b></p>	

## SWIMMING CLASSES FOR PARENT/CHILD, PRE-SCHOOL & SCHOOL AGE

### RECREATIONAL SWIM - F 7:15; Sa 1:30; Su 2, 5:00

The entire family can enjoy swimming in our pool with toys, noodles, balls and more. Non-swimmers and children under 10 must be accompanied by an adult. Recreational Swim is **free** for Total Facility members or \$20 family pass for non-members

### JUMP IN AND SWIM - Mon 1; Tu 1:30; Th 11:30; F 1

Bring your kids, Infants- 6yrs, to enjoy play time with you in the pool. All children must be accompanied by an adult in the water. Have fun with toys, balls, music and more! \$5.00 daily pass per child

### PARENT/CHILD CLASSES (30 minutes)

**Parent must be a Connection member. Children must wear two swim diapers. A non-disposable swim diaper with gathered legs and waist (available at Front Desk) over a disposable swim diaper.**

#### TINY TUGBOATS Tu 10; Sa 9; Su 9:30

**6-18 mos. & Parent** Teaches infants to feel comfortable in the water. Parents learn to hold and support infants properly. Infants will explore breath control, floating, and changing body position while moving through the water.

#### WEE WHALES M 10:15; Th 11; Sa 10; Su 9

**18-36 mos. & Parent** Special techniques using parental assistance teach children water safety, safe entry, kicking, and arm movements. Swimmers build on breath control, floating, and changing body position while moving through the water.

#### GROWING GOLDFISH Th 10:30; Sa 9:30, 10:30; Su 10

**2-4 yrs & Parent** An advanced class for the swimmer who is ready to develop basic swimming skills- bobbing, floating, gliding, and combined arm and leg movements.

### PRESCHOOL CLASSES (30 minutes)

**These classes are taught in groups without a parent. Child must be toilet trained, no pull-ups please!**

#### GYM & SWIM W 12:15

**Ages 4 – 5.** Games and tumbling in the big gym first, followed by a 30 minutes swim lesson in the pool. Please have your child wear his/her swim suit to the class.

#### TURTLES M 4:15; Tu 10:30; W 4:30; Th 2, 5:00; F 11:15; Sa 9:30, 11; Su 10, 10:30, 11:30, 5:00

**Ages 3-5** Basic personal water safety information and skills are taught to help swimmers feel comfortable in the water and to enjoy water safely. Swimmers explore movement in the water-bobbing, floating, and gliding with assistance.

#### SHRIMP M 3:45, 5:15; Tu 4:45, 5; W 1:30, 4; Th 1:30, 4, 4:30; F 10:15, 4; Sa 9, 11; Su 9, 10:30, 4:30

**Ages 3-5** Swimmers gain confidence in breath control and learn to float and glide on their own. They continue to explore simultaneous and alternating arm and leg actions on the front and back to lay the foundation for future strokes. Swimmers build upon self-help and rescue skills.

#### SEAHORSE M 4:45; Tu 4, 5:15; W 1:30, 3:30; Th 4, 4:30; F 10:45; Sa 10, 11; Su 9:30, 11, 4

**Ages 4-6** Swimmers learn to effectively coordinate combined simultaneous and alternating arm and leg actions on front and back. Adjustment to deep water, along with additional water safety and self rescue skills are taught.

### SPECIAL NEEDS CLASSES (30/60 minutes)

**Registration can be completed online. Medical forms can also be found online and must be completed and returned to The Connection one week prior to participation in programs. All programs are overseen and run by our trained staff and volunteers**

#### ADAPTED AQUATICS Sa 11:30

**3 yrs. - Adult** This one hour program provides individuals who are physically or intellectually challenged the opportunity to use the pool for exercise, learn basic swimming skills, be part of a social group, and play games while having fun in a safe aquatic environment .

#### S.N.S.L. Su 1, 1:30, 2, 2:30

**Age 3 – 14** Our special needs swim lesson (SNSL) provides 30 minutes of instruction provided by our trained staff and volunteers. This program is designed to teach and improve each student's swimming skills while working in a group environment to improve their focus, comfort, and overall understanding of safety in the pool.

### SCHOOL AGE CLASSES (45 minutes)

**LEVEL 1 M 3:45; Tu 4; W 5; Th 4:30; F 4:45; Sa 10:30; Su 9:45, 5:30**  
**Ages 5-10 y** Basic personal water safety information and skills are taught to help participants feel comfortable in the water and to enjoy water safety. Swimmers explore movement in the water-bobbing, floating, and gliding.

#### LEVEL 2 M 3:45, 5:15; T 5:15; W 4:30, 5:15; Th 3:45, 4:30; F 3:45, 5:15; Sa 9, 10:30; Su 9, 9:45

**Ages 5-10** Swimmers learn to float without support and explore simultaneous and alternating arm and leg actions on the front and back to lay the foundation for future strokes.

#### LEVEL 3 M 4:30, 5:15; Tu 3:45, 5: 15; W 3:30, 4:30; Th 3:45; F 3:45; Sa 9, 9:45; Su 9, 11:15

**Ages 6-12** Swimmers learn to coordinate the front crawl and elementary backstroke. Swimmers are introduced to the scissor and dolphin kicks, the fundamentals of treading water and diving.

#### LEVEL 4 M 4:30,5:15; Tu 3:45; W 3:45, 4:15; Th 5:15; F 4:30; Sa 9:45;Su11:15

**Ages 6-12** Swimmers develop confidence in the strokes learned thus far and increase their endurance by swimming greater distances. The back crawl stroke and breaststroke are introduced. The sidestroke and butterfly are built upon. Several new strokes and skills are introduced in Level 4.

#### LEVEL 5 M 4:30; Tu 4:30; W 3:45; F 4:30; Sa 11:15; Su 10:30

**Ages 8-14** Swimmers refine performance of all strokes-front crawl, elementary backstroke, back crawl stroke, breaststroke, sidestroke, and butterfly and increase their distances. Flip turns on the front and back are introduced. Expectations are higher in regards to distance and quality.

#### LEVEL 6 M 3:45; Tu 4:30; Th 5:15; Sa 11:15;

**Ages 8-14** In Level 6, expectations are quite high in regards to distance and quality. You will learn more complex safety skills that may help you survive in an emergency. Principles of training and how to evaluate your own level of fitness will be taught along with refining already know strokes.

### ADVANCED SCHOOL AGE CLASSES (40/60 minutes)

#### PRE-TEAM WORKOUT \*Teacher recommend only.

**Ages 8+** A 3 level programs that is designed to help young athletes develop and improve their skill and talents though 1 hour of swim, working on starts, turns, medleys, technical drills, and timing. Swimmers should be proficient in all competitive strokes. Evaluations must be schedule through Aquatics director.

**Pre-Team 1 M 5; Th 5; F 4:15; Su 4**

**Pre-Team 2 M 6; Th 4; F 5:15; Su 5**

**Pre-Team 3 M 7; Th 6**

#### DRY LAND TRAINING F 3:30; Su 3:15

**Ages 8+** Pre team swimmers join us in our fitness center to improve muscle and core strength, as well as your cardio endurance out of the water (socks & sneakers required). All trainings are scheduled just prior to swim time so students can make their way to the pool directly after warming up their bodies.

**30 minute classes - \$128 per ten week term**

**45 minute classes - \$160 per ten week term**

**60 minute classes - \$170 per ten week term**

**\*\*\*UNLESS OTHERWISE NOTED\*\*\***