



79 Maple Street  
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www.theconnectiononline.org

# YOUTH SWIM SCHEDULE

Parent Child, Preschool,  
School-age & Competitive

Spring 2016  
April 4<sup>th</sup> – June 19<sup>th</sup>

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Growing Goldfish 10:30-11:00  Hermit Crab 11:00-11:30  Turtle 11:30-12:00	Wee Whale 10:00-10:30  Shrimp 10:30-11:00	Jump N Swim 10:30-12:00	Turtles 11:00-11:30	Growing Goldfish / Hermit Crab 10:00-10:30  Wee Whale / Turtle 10:30-11:00	Tiny Tugboat / Shrimp 9:00-9:30  Intro 5+ / Level 2 9:00-9:45  Wee Whale / Turtle 9:30-10:00  Level 1 5+ / Level 3 9:45-10:30  Growing Goldfish / Hermit Crab 10:00-10:30	Wee Whale / Turtle 9:00-9:30  Level 3 / Level 4 9:00-9:45  Growing Goldfish / Hermit Crab 9:30-10:00  Level 1 / Level 2 9:45-10:30  Tiny Tugboat / Seahorse 10:00-10:30
Shrimp 1:30-2:00  Seahorse 2:00-2:30		Shrimp 1:00-1:30  Turtle 1:30-2:00  Hermit Crab 2:00-2:30	Flipping Flounders 12:15-1:30  Turtle 1:30-2:00	Jump N Swim 1:30-2:30	Level 1 5+ / Level 3 9:45-10:30  Growing Goldfish / Hermit Crab 10:00-10:30	Tiny Tugboat / Seahorse 10:00-10:30
Level 2 3:30-4:15  Level 1 5+ / Level 4 3:45-4:30  Turtle 4:00-4:30  Level 3 4:15-5:00  Shrimp 4:30-5:00  Level 2 / Level 1 5+ 4:30-5:15  Seahorse 5:00-5:30  Level 4 5:00-5:45  Level 3 5:15-6:00  T.O.P.S. 5:30-6:30  Level 6 5:45-6:30	Turtle 3:30-4:00  Level 4 3:30-4:15  Level 2 / Level 3 3:45-4:30  Shrimp 4:00-4:30  Level 6 4:15-5:00  Seahorse 4:30-5:00  Intro 5+ / Level 1 8+ 4:30-5:15  Hermit Crab 5:00-5:30  Level 3 5:00-5:45  Level 2 5:15-6:00  T.O.P.S. 5:30-6:30  Level 2 5:30-6:30  T.O.P.S. 5:30-6:30  Level 5 (5:45-6:30)	Shrimp 3:30-4:00  Intro to Swim 3:30-4:15  Level 3 3:45-4:30  Seahorse 4:00-4:30  Level 1 8+ 4:15-5:00  Hermit Crab 4:30-5:00  Level 4 4:30-5:15  Turtle 5:00-5:30  Level 2 5:00-5:45  T.O.P.S. 5:30-6:30  Level 3 5:45-6:30	Seahorse 3:30-4:00  Level 1 5+ 3:30-4:15  Intro 5+ / Level 2 3:45-4:30  Hermit Crab 4:00-4:30  Level 2 4:15-5:00  Turtle / Shrimp 4:30-5:00  Level 3 4:30-5:15  Shrimp 5:00-5:30  Level 1 5+ 5:00-5:45  Level 5 5:00-5:45  Level 4 5:15-6:00  T.O.P.S. 5:30-6:30	Level 3 3:30-4:15  Level 4 / Level 5 3:45-4:30  Turtle 4:00-4:30  Intro to Swim 5+ 4:15-5:00  Shrimp 4:30-5:00  Level 2 / Level 6 4:30-5:15  Seahorse 5:00-5:30  Level 1 5+ 5:00-5:45  T.O.P.S. 5:30-6:30  Level 2 5:45-6:30  Rec Swim 7:00-9:45	Level 2 / Level 4 10:30-11:15  Hermit Crab / Turtle 11:00-11:30  Intro 5+ / Level 3 11:15-12:00  Shrimp / Seahorse 11:30-12:00  Adapted Aquatics 12:00-1:00  Rec Swim 2:30-3:30  Pool Party 3:30-4:45	Turtle / Shrimp 10:30-11:00  Level 1 5+ / Level 3 10:30-11:15  Shrimp / Seahorse 11:00-11:30  Intro 5+ / Level 2 11:15-12:00  Hermit Crab / Turtle 11:30-12:00  S.N.L.S. 1:30-3:30  Rec Swim 2:00-3:30  Pool Party 3:30-4:45

DUE TO SPECIAL ACTIVITIES, SCHEDULE IS SUBJECT TO CHANGE. ALL CLASSES WILL BE PRO-RATED.

## Swimming Classes for Parent Child, Preschool, School-age, Special Needs & Competitive

RECREATIONAL SWIM - Fri. 7pm; Sat. 2:30; Sun. 2:00

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 - Wed. 10:30, Fri. 1:30**

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

*\*Infants and toddlers not toilet trained must wear two swim diapers: a non-disposable swim diaper with gathered legs and waist (available at Front Desk) over a disposable swim diaper.*

### 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 TUGBOAT:** Sa 9; Su 10

6-12 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 WHALE:** T 10; F 10:30; Sa 9:30; Su 9

12-24 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:** M 10:30; F 10; Sa 10; Su 9:30

2yrs+ & 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!*

**HERMIT CRAB:** M 11, T 5; W 2, 4:30; Th 4; F 10; Sa 10, 11; Su 9:30, 11:30

Ages 3-4 Timid first time swimmers will gain confidence in the water through personal water safety skills including: entering and exiting the water, proper body positions, and basic movement.

**TURTLE:** M 11:30, 4; T 3:30; W 1:30, 5; Th 11, 1:30, 4:30; F 10:30, 4;

Sa 9:30, 11; Su 9, 10:30, 11:30

Ages 3-4 Swimmers who enjoy the water but still need assistance will explore breath control, floating, gliding and arm/leg movements with their teacher.

**SHRIMP:** M 1:30, 4:30; T 10:30, 4; W 1, 3:30; Th 4:30, 5; F 4:30;

Sa 9, 10:30, 11:30; Su 10:30, 11

Ages 4-5 Confident swimmers who are beginning to achieve independent skills will use arm/leg actions to increase their abilities and use breath control to swim further distances.

**SEAHORSE:** M 2, 5; T 4:30, 4; Th 3:30; F 5; Sa 10:30, 11:30;

Su 10, 11

Ages 4-5 Independent swimmers learn to effectively coordinate their movements, increase distance and practice rhythmic breathing to lay the foundation for future strokes.

**FLIPPING FLOUNDER:** Th 12:15

Ages 3-5 45 minutes of gym time including obstacle course, movement and coordination skill activities, and instruction on all apparatus. Plus 30 minutes of a fun, safe, and instructive pool time practicing skills including floating, arm/leg action on fronts/back, jumping, and more!

### 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. 12:00

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. 1:30, 2, 2:30, 3

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)

**INTRO TO SWIM:** T 4:30; W 3:30, Th 3:45; F 4:15 Sa 9, 11:15; Su 11:15

Ages 5+ & 8+ Timid first time swimmers will gain confidence in the water through personal water safety skills including: entering and exiting the water, proper body positions, and basic movement.

**LEVEL 1:** M 3:45, 4:30; T 4:30; W 4:15; Th 3:30, 5; F 5; Sa 9:45; Su 9:45, 10:30

Ages 5+ & 8+ Swimmers who are comfortable in the water, but not yet able to swim distances independently, will learn to effectively use arm/leg movements, glide and float to further develop their abilities.

**LEVEL 2:** M 3:30, 4:30; T 3:45, 5:15; W 5; Th 3:45, 4:15; F 4:30, 5:45; Sa 9, 10:30; Su 9:45, 11:15

Ages 6+ Independent swimmers who can effectively coordinate their arm/leg action will lay the foundation for future strokes including: freestyle, backstroke, and breaststroke. Students should be comfortable in deep water and able to swim 15 yards.

**LEVEL 3:** M 4:15, 5:15; T 3:45, 5; W 3:45, 5:45; Th 4:30; F 3:30; Sa 9:45, 11:15; Su 9, 10:30

Ages 6+ Confident swimmers will perfect technique in freestyle, backstroke, and breaststroke while increasing their distance and stamina. Students should be comfortable using the diving block and swimming 25 yards without equipment.

### COMPETITIVE SWIM CLASSES (45/60 minutes)

*Level 4 through T.O.P.S. introduces students to the world of competitive swimming. In addition to perfecting strokes, our competitive levels will focus on diving, starts, turns, sharpening technique, timing and swim etiquette.*

*Swimmers will also learn to use competitive equipment such as pull buoys, fins, hand paddles and the pace clock. Our teachers will use workouts, endurance training, and stroke drills to provide your swimmer with the skills needed to be successful on a swim team.*

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

Ages 7+ Students should be comfortable swimming 50 yards of freestyle, backstroke, and breaststroke, and attempt 25 yards of butterfly without equipment.

**LEVEL 5:** T 5:45; Th 5; F 3:45

Ages 8+ Students should be comfortable swimming 75 yards of freestyle, backstroke, and breaststroke, and 50 yards of butterfly.

**LEVEL 6:** M 5:45; T 4:15; F 4:30

Ages 8+ Students should be comfortable swimming 100 yards of freestyle, backstroke, breaststroke, and butterfly.

**T.O.P.S.:** M 5:30; T 5:30; W 5:30; Th 5:30; F 5:30

Teacher recommended only Our Talented Opportunity Program for Swimmers is for students who have the potential to be on a swim team but may not feel confident enough or have the time to dedicate to a team. T.O.P.S will be offered multiple times a week with a minimum 2 day requirement.

**30 minute classes - \$143 per 11 week term**  
**45 minute classes - \$182 per 11 week term**  
**2/60 minute classes - \$347 per 11 week term**

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

\*Age limits are general guidelines. Please read class descriptions to find the most appropriate class based on child's skills.