

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
 <p>SummerFun provides campers (ages 3+) with daily ½ hour skill appropriate swim lessons Monday-Thursday and recreational swim on Friday</p>					<p><b>9:30-11:30</b> Rec Swim</p>	<p><b>9:30-11:30</b> Rec Swim</p>
					<p><b>9:30-10:00</b> Tiny Tugboats</p> <p><b>10:00-10:30</b> Seahorse</p> <p><b>10:00-10:45</b> Level 1</p> <p><b>10:30-11:00</b> Wee Whales</p> <p><b>10:45-11:30</b> Level 2</p> <p><b>11:00-11:30</b> Shrimp</p>	<p><b>9:30-10:00</b> Wee Whales</p> <p><b>10:00-10:30</b> Growing Goldfish</p> <p><b>10:00-10:45</b> Level 2</p> <p><b>10:30-11:00</b> Shrimp</p> <p><b>10:45-11:30</b> Level 3</p> <p><b>11:00-11:30</b> Turtles</p>
 <p><i>Sign-up for a Weekly Lesson</i></p> <p><b>4:15-4:45</b> Ages 3-5yrs</p> <p><b>4:15-5:00</b> Ages 6+yrs</p> <p><b>4:45-5:30</b> Ages 5-8yrs</p> <p><b>5:00-6:00</b> Stroke Clinic 8+yrs</p> <p><b>5:00-5:30</b> Ages 3-5yrs</p>					<p><b>1:00-2:30</b> Adapted Aquatics</p> <p><b>1:00-3:00</b> Rec Swim</p>	
					<p><b>2:30-4:45</b> Rec. Swim</p> <p><b>3:00-4:45</b> Birthday Party</p>	
<p><b>7:30-9:00</b> Rec. Swim</p>	<p><b>7:30-9:00</b> Rec. Swim</p>	<p><b>7:00-8:00</b> Rec. Swim</p>	<p><b>7:30-9:00</b> Rec. Swim</p>	<p><b>7:00-9:45</b> Rec. Swim</p>		

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

**RECREATIONAL SWIM - Mon 7:30; Tues 7:30; Wed 7; Thur 7:30; Fri 7; Sat 9:30, 2:30; Sun 9:30, 1**

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

### 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 - Sa 9:30

**6 mos. - 2.5 yrs. & 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 - Sa 10:30 or Su 9:30

**1.5 - 2.5 yrs. & 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 - Su 10

**2.5 - 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!*

#### TURTLES - Su 11 or TRY iSWIM Mon-Fri 4:15 or 5

**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 - Sa 11, Su 10:30, or TRY iSWIM Mon-Fri 4:15 or 5

**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 - Sa 10 or TRY iSWIM Mon-Fri 4:15 or 5

**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 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*

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

**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.

Ages 3-6yrs 1:00

Ages 6-9yrs 1:30

Ages 9-14yrs 2:00

### SCHOOL AGE CLASSES (45 minutes)

#### LEVEL 1 - Sa 10 or TRY iSWIM Mon-Fri 4:45

**Ages 5-10 yrs** 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 - Sa 10:45, Su 10, or TRY iSWIM Mon-Fri 4:45

**Ages 5-10yrs** 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 - Su 10:45 or TRY iSWIM Mon-Fri 4:15

**Ages 6-12yrs** 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.

**30 minute classes - \$88 per 7 week term**  
**45 minute classes - \$109 per 7 week term**  
**\*\*\*iSWIM Prices Listed Below\*\*\***

## iSWIM - PRE-SCHOOL & SCHOOL AGE MONDAY-FRIDAY

Lessons will be offered Monday thru Friday, in weekly increments, for eight weeks. Choose the week(s) that work best with your summer schedule. Children will be divided into swim groups on the first day of class, based on swim ability.

**Week 1 – June 23-27**

**Week 2 – June 30-July 4**

**Week 3 – July 7-11**

**Week 4 – July 14-18**

**Week 5 – July 21-25**

**Week 6 – July 28-Aug 1**

**Week 7 – Aug 4-8**

**Week 8 – Aug 11-15**

### iSWIM – STROKE CLINICS (60 minutes)

Ages 8+ - 5:00

For advanced swimmers capable of swimming 4 competitive strokes. Looking to improve technique and timing, keep in shape over the summer, and/or prep for swim team. Each week focuses on a different stroke/technique

**IDEAL:** Current members in Level 6 or Pre-team

Week 1 – All Strokes

Week 2 – Butterfly

Week 3 – Backstroke

Week 4 – Starts & Turns

Week 5 - Breaststroke

Week 6 – Freestyle

Week 7 – Starts & Turns

Week 8 – All Strokes

### iSWIM – PRESHCHOOL (30 minutes)

Ages 3-5yrs - 4:15 or 5

Students will learn basic front/back skills including arm and leg actions, floating and gliding. Safety in and around the water, plus shallow and deep water will be explored.

**IDEAL:** Current members in Turtle, Shrimp or Seahorse

### iSWIM – SCHOOL AGE (45 minutes)

Ages 5-8yrs - 4:45

For first time students who need instruction to the water and safety skills and for those who are just starting to swim. Basic introductory skills taught in both shallow and deep water, plus diving.

**IDEAL:** Current members in Level 1 or Level 2

Ages 6+yrs - 4:15

Students must be able to swim the full length of the pool independently, 25 yards. Class will work on improving technique, endurance, and diving, plus start to learn swim turns.

**IDEAL:** Current members in Level 3, Level 4, or Level 5

**30 minute classes - \$63 per week**  
**45 minute classes - \$78 per week**  
**60 minute clinic - \$88 per week**  
**\*\*No Class Week 2 on July 4th\*\***