




MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<div></div> <div>SummerFun provides campers (ages 3+) with daily ½ hour skill appropriate swim lessons Monday-Thursday and recreational swim on Friday</div>					10:00-12:00 Rec Swim	10:00-12:00 Rec Swim
					9:00-9:30 Tiny Tugboats  9:30-10:00 Growing Goldfish  10:00-10:30 Turtle  10:30-11:00 Wee Whales  11:00-11:30 Shrimp  11:30-12:00 Seahorse	9:00-9:45 Level 3  9:45-10:30 Level 2  10:00-10:30 Seahorse Tiny Tugboats  10:30-11:15 Level 1  10:30-11:00 Shrimp Wee Whales  11:00-11:30 Turtles Shrimp
<div></div> <div>Sign-up for a Weekly Lesson</div> <div></div> <div><div>Preschool-Kinder</div><div>4:30-5:00 Ages 3-5yrs  5:00-5:30 Ages 3-5yrs  5:30-6:00 Ages 3-5yrs</div><div>1<sup>st</sup> Grade +</div><div>4:30-5:15 Ages 5-7  5:15-6:00 Ages 7+</div></div>					3:00-4:45 Rec. Swim	1:00-2:30 S.N.L.S.  2:00-3:30 Rec Swim  3:00-4:45 Birthday Party
7:30-9:00 Rec. Swim	7:30-9:00 Rec. Swim	7:00-8:00 Rec. Swim	7:30-9:00 Rec. Swim	7:00-9:45 Rec. Swim		

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

### RECREATIONAL SWIM - Mon – Fri 7pm; Sat 10am, 3pm; Sun 10am, 2pm

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, Su 10

**6 mos. - 2 & 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, Su 10:30

**1.5 - 2.5 & 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 – Sa 9:30

**2 - 4 & 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 - Sat 10 ; Su 11 or TRY iSWIM

**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, Su 11 or TRY iSWIM

**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 11:30, Su 10 or TRY iSWIM

**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 - 1:00pm

Ages 6-9yrs - 1:30pm

Ages 9-14yrs - 2:00pm

### SCHOOL AGE CLASSES (45 minutes)

#### LEVEL 1 - Su 10:30 or TRY iSWIM

**Ages 5-8** 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 - Su 9:45 or TRY iSWIM

**Ages 5-8** 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 9 or TRY iSWIM

**Ages 7-10** 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 - \$103 per 8 week term  
45 minute classes - \$128 per 8 week term**

**\*\*\*iSWIM Details / Prices Listed Below\*\*\***

## iSWIM - MONDAY-FRIDAY LESSONS

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 29-July 3**

**Week 2 – July 4-July 10**

**Week 3 – July 13-17**

**Week 4 – July 20-24**

**Week 5 – July 27-31**

**Week 6 – Aug 3-7**

**Week 7 – Aug 10-14**

**Week 8 – Aug 17-21**

**30 minute classes - \$64 per week  
45 minute classes - \$80 per week**

### iSWIM – PRESHCHOOL-KINDER (30 minutes)

Ages 3-5yrs - 4:30, 5:00, 5:30

Students will learn front/back skills including arm/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 – 1<sup>st</sup> GRADE + (45 minutes)

Beginners: Ages 5-7yrs - 4:30

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

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

Independent: Ages 7+yrs - 5:15

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 3-6