



Children's Group Learn to Swim
American Red Cross Program

WINTER I SWIMMING LESSONS

**Registration: Monday, December 19 through
 Friday, January 13, 2012**

Register online or at our Member Services Center

Session Dates:

Saturday, January 7 through Saturday, February 11

(Make- up week Sunday, Feb. 12 –Saturday, Feb. 18)

Level I		Level II		Level III	
Monday	1:15 – 1:45	Monday	1:45 – 2:15		
Monday	4:00 – 4:30	Monday	4:30 – 5:00	Monday	4:30 - 5:00
Tuesday	1:45 – 2:15	Tuesday	1:15 – 1:45		
Tuesday	4:30—5:00	Tuesday	4:00—4:30	Tuesday	4:30-5:00
Wednesday	1:15 – 1:45	Wednesday	1:45 – 2:15		
Wednesday	4:00-4:30	Wednesday	4:30-5:00	Wednesday	4:00-4:30
Thursday	1:45—2:15	Thursday	1:15 - 1:45		
Friday	1:15 – 1:45	Friday	1:45—2:15		
Saturday	1:15 – 1:45	Saturday	1:45 – 2:15		
Sunday	2:30- 3:00	Sunday	3:00-3:30	Sunday	3:30-4:00

Additional Programming

Intro to Water Polo: Thursday's 4:15pm-5:00pm (ages 4 & over)
 Or strong Level 2's: while using noodles (if needed), children will learn to play
 the basics of the water Polo game while having fun.

Infant Parent Aquatics Program (IPAP): 12 – 36 months
Sunday 10:30am-11:00am

Adult Swim Lessons:
Saturday 5:30pm-6:00pm
Sunday 5:30pm – 6:00pm

Cost: \$65 AJCC members / \$95 Guest-members
 Minimum of three participants to run each class

For more information, please contact Rossi at 438-6651 ext. 122 or RossiM@saajcc.org

Aquatics Class descriptions:

Please be advised: No parents allow on deck after the first lesson for level 1, 2 & 3

Infant Parent Aquatics Program: 12 – 36 months (30 min)

This class helps infants and toddlers become comfortable in and around the water with a parent or guardian. Infants should be able to sit on their own before taking this class. The class is not designed to teach children to become good swimmers or survive in the water on their own. This program gives information and techniques to help orient children to the water and to supervise water activities in a safe manner. Class requires the participation of a parent or adult guardian in the water with the child.

Level 1- Water Exploration (30 min)

This course marks the formal beginning of the Learn to Swim Program. Children will learn to kick on front and back with support. They will also learn to be comfortable putting their face in the water and blowing bubbles. Water safety rules and the proper way to enter and exit the pool will also be taught. Upon completion children should have a basic understanding of the rules of the pool and be able to submerge themselves in the water.

Level 2- Primary Skills (30 min)

Children will learn a supine float unassisted, as well as flutter kick on front and back. The basics of front crawl, back crawl and rhythmic breathing will also be covered. In addition, children will retrieve objects underwater and become oriented to the deep water. This level marks the beginning of true locomotion skills.

Level 3&4 – Stroke development / Stroke Improvement

With a freestyle base, learn to maximize efficiency by keeping head still and rotating body. Learn the “frog-kick” and breaststroke swimming, with an introduction to the Butterfly. Students will increase their endurance and improve their skills by swimming front crawl and back crawl for greater distances.

Water Polo for Children: children can also practice the sport if they cannot keep themselves afloat by themselves by wearing tubes to keep them above the surface of the water. Since water polo is a sport that requires the players to grasp the ball using only one hand, balls in children water polo need to be significantly smaller so that they can grasp it with their smaller hands. The size of the swimming pool does not need to be regulation either, a smaller pool can do just fine to get the basic idea of children water polo. There are many benefits to learn water polo at an early age. It is an intense sport that gives a complete full-body workout and will help develop a child’s strength and coordination while having fun!

Adult Swim Lesson (30 min)

This course is designed to teach adults basic swimming and water safety skills in addition to increasing personal comfort in and around the water. Classes are taught following the American Red Cross guidelines for adult swimming. Skills learned in this level will include floating without support and recover to a vertical position as well as coordinating the front crawl and back crawl. The course will also introduce the fundamentals of treading water.

Private Lessons (45 min)

Individualized, 1 on 1 lesson is available. Instruction is designed to meet any recreational or competitive swimming needs for children or adults.

	AJCC Member	Non-Member
Private lesson, single lesson pass:	\$60	\$80
Private lesson, four – lesson package:	\$165	\$185

Any person who wishes to cancel a private lesson must contact the Aquatics office at least 24 hours in advance, otherwise he/she will be charged for the lesson.

- **Note: Pool, program and instructor schedules dictate lesson availability.**

2011-2012 AJCC ARROWS SWIM TEAM

The AJCC ARROWS is a year round competitive swim team. The team competes with both the YMCA and Suburban Leagues as well as in USA Swimming. Youth swimmers of all ages are encouraged to tryout for the team. We combine fun with competition!

In order to participate on the Swim Team you must be an AJCC member.

For more information about our program please feel free to contact Rossi at 518-438-6651 ext.122 or e-mail RossiM@saajcc.org.