



## Swimming Lessons

*Swimming Lessons are offered under the Progressive Swim Program. This program is divided into numerous levels. The objective of this program is to let YOUR abilities determine how fast you will progress through the levels. Practice and persistence are key, so let your swim lessons begin!*

**Fee:** \$50 per participant (2-week session) (\$40 for season pass holders)

- All classes are Monday – Thursday.

**Lesson times:** 8:45 a.m., 9:30 a.m., 10:15 a.m., 11 a.m., 7 p.m. and 8 p.m.

### Sessions:

June 14 – June 24

July 5 – July 15

July 19 – July 29

### Levels

**Shrimp**-develop comfort in & around water (Parent accompanies child in pool) (30min)

**Seahorse (Level 1)**-buoyancy, breath control, basic water skills (30min)

**Starfish (Level 2)**-unsupported floating, kicking, front crawl, back crawl (45min)

**Guppy (Level 3)**-elementary backstroke, kneeling dive, front crawl, back crawl (45min)

**Flipper (Level 4)**-sidestroke, deep water bobbing, breaststroke kick, previous strokes (45min)

**Seal (Level 5)**-dolphin kick, treading water, breaststroke, previous strokes (45min)

**Sailfish (Level 6)**-butterfly, front and back crawl flip turns, increased endurance (45min)

**Barracuda (Level 7)**-refine and review all strokes and turns, junior life guard skills (45min)



## **River Walking**

*Walk a section of the Lazy River with the current and against the current in this low-impact program. Water Shoes are recommended.*

**Fee:** \$35 for 10-visit pass, \$4 per visit or included with season pass

Monday - Thursday

June 14 – August 19.

9:30am - 11am and 8:15pm - 9pm

**Ages:** 16 and older

## **Splash and Play**

*Enjoy the kiddie slides, water cannons, fountains and more. This program is designed just for the younger child to enjoy. Parents are free and encouraged to join in the fun.*

Tuesday/Thursday

9:30am-11:30am

**Fee:** \$4/child per day

**Ages:** 6 and younger

**Dates:** June 15 – August 19

## **Fitness Classes**

**Fee:** \$35 for 10-visit pass, \$4 per visit

**Ages:** 16 and older

### **Aqua Fit**

*A low impact but high intensity water aerobics class where no swimming skills are needed. this class is designed to improve flexibility, range of motion, strength, muscle tone and cardiovascular endurance while using the resistance of the water to cushion the feet, knees and back. Exercises are performed to lively, motivating music.*

**Instructor:** Belinda Smith

Tuesday/Thursday

June 15 – August 19

8:15pm – 9pm

### **Aqua Training Camp**

*A shallow water class combined w/ various cardio and resistance training. All fitness levels welcome.*

**Instructor:** Dana Blum

Wednesday

June 16 – August 18

8:15pm – 9pm