

Saturday Swim School—FALL

Registration begins on August 29, 2011

Course Dates: September 17 — November 19, 2011

No classes: September 24, October 29 and November 12

Note: Private lessons are available on a limited basis. Please call 847-582-7323 for more information.

Parent-Child Program (6 months—3 yrs)

Resident Fee: \$104
Non-resident Fee: \$154

This is a water adjustment program. While in the security of a parent's arms, the child will be introduced to the skills of kicking, breath control and submersion, arm and leg movements, and floating on the front and the back. Infants must wear swim diapers. The water temperature is approximately 80—82 degrees; children may wear a tight-fitting t-shirt for warmth.

Code	Time
AQF-1	8:30 am—9:05 am
AQF-2	9:15 am—9:50 am
AQF-3	10:00 am—10:35 am

Pre-School Program (3-5 yrs)

Levels I & II for the younger participant without a parent in the water.

Resident Fee: \$140
Non-resident Fee: \$190

The **Pre-School Program** covers materials in the Learn to Swim program Levels I and II but the skills are geared toward younger participants who are ready to join a swim class without a parent. If your child is new to an organized swim lesson program the American Red Cross requires at least one session in a Parent and Child class before putting a child in the Pre-School program. The child must be willing to take instruction from someone other than a parent or guardian. If a child exhibits separation anxiety in this class, then he/she will be moved back to the Parent-Child Program so that you and the instructor can work with your child in order to prepare him/her for this level.

Code	Time
AQF-5	8:30 am—9:15 am
AQF-6	9:30 am—10:15 am
AQF-7	10:30 am—11:15 am

Learn to Swim: Level I (5 yrs and older)

Resident Fee: \$140
Non-resident Fee: \$190

Introduction to Water Skills is the first level of the American Red Cross Learn to Swim Program and the children will be introduced to water entries and exits, breath control, underwater swimming, floating, gliding, kicking and arm movements on the front and back, along with rolling over and changing directions while swimming.

Code	Time
AQF-9	8:30 am—9:15 am
AQF-10	9:30 am—10:15 am
AQF-11	10:30 am—11:15 am

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Learn to Swim: Level II (5 yrs and older)

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Non-resident Fee: \$190

Fundamental Aquatic Skills is for those who have successfully completed Level I. Additional skills developed will include: front and back crawl, finning, treading water, and an introduction to dolphin kick and breaststroke.

Code	Time
AQF-13	8:30 am—9:15 am
AQF-14	9:30 am—10:15 am
AQF-15	10:30 am—11:15 am

Learn to Swim: Level III (5 yrs and older)

Resident Fee: \$140
Non-resident Fee: \$190

Stroke Development is for students who have successfully completed Level II. Students will focus on improving front and back crawl, treading water and jumping in and diving from the side of the pool, the scissor kick, dolphin kick and whip kick along with the elementary backstroke will be introduced and practiced.

Code	Time
AQF-17	8:30 am—9:15 am
AQF-18	9:30 am—10:15 am
AQF-19	10:30 am—11:15 am

Learn to Swim: Level IV (5 yrs and older)

Resident Fee: \$140
Non-resident Fee: \$190

Stroke Improvement is for those who have completed Level III. Mastery of stroke skills for front and back crawl, breaststroke, butterfly, and elementary backstroke will be taught along with an introduction to sidestroke. Strength and endurance will also be stressed at this level.

Code	Time
AQF-21	8:30 am—9:15 am
AQF-22	10:30 —11:15 am

Learn to Swim: Level V (5 yrs and older)

Resident Fee: \$140
Non-resident Fee: \$190

Stroke Refinement is for those who have completed Level IV. At this level all previously learned strokes are fine tuned. Surface dives, competitive stroke turns and starts, are taught. Continuing to develop endurance is also a primary goal.

Code	Time
AQF-23	9:30 am—10:15 am