

# SPIRE Swim Lessons

Fall 2019

## Tuesdays and Thursdays

### Morning Classes

Parent & Child	9:00 am - 9:30 am
Preschool 1	9:45 am - 10:15 am
Preschool 2	10:30 am - 11:00 am

### Evening Classes

Preschool 1	5:00 pm - 5:30 pm
Learn to Swim 1	5:00 pm - 5:45 pm
Learn to Swim 3	5:00 pm - 5:45 pm
Preschool 2	5:45 pm - 6:15 pm
Learn to Swim 2	6:00 pm - 6:45 pm
Learn to Swim 4	6:00 pm - 6:45 pm
Preschool 3	6:30 pm - 7:00 pm
Learn to Swim 5	7:00 pm - 7:45 pm

## Saturdays

Parent and Child	9:00 am - 9:30 am
Preschol 1	9:00 am - 9:30 am
Learn to Swim 2	9:00 am - 9:45 am
Preschool 2	5:45 pm - 6:15 pm
Learn to Swim 1	10:00 am - 10:45 am
Learn to Swim 3	10:00 am - 10:45 am
Preschool 3	10:30 am - 11:00 am
Learn to Swim 4	11:00 am - 11:45 am
Learn to Swim 5	11:00 am - 11:45 am

## Registration details

Early Registration	Session 1 - August 11th to August 24th Session 2 - September 8th to September 14th Saturday Session - August 11th to August 24th	\$35 member / \$55 non-member
Open Registration	Session 1 - August 25th to August 31st Session 2 - September 15th to September 28th Saturday Session - August 24th to August 31st	\$45 member / \$65 non-member
Late Registration	Session 1 - September 1st to September 7th Session 2 - September 29th to October 5th Saturday Session - September 1st to September 7th	\$55 member / \$75 non-member

### Sessions:

### Date of Sessions:

### No Classes on:

Session 1	September 10th to October 3rd
Session 2	October 8th to October 31st
Saturday Session	September 14th to November 2nd

Visit the SPIRE Fit Desk to Register your children

\*\* No Refunds or make ups for missed classes; some classes may be combined to meet 3 person minimum\*\*

For more information or for any questions, feel free to contact us at:

[swimlessons@spireinstitute.org](mailto:swimlessons@spireinstitute.org)

# Swim Lessons Class Descriptions

## **Parent/Child (ages 6-36 months)**

Must be at least 6 months old and accompanied by a parent/guardian. This program helps children become comfortable in and around the water. In this program, parents will learn different support and holding techniques as well as how to help children learn and practice skills appropriate for their age.

## **Preschool Aquatics 1**

This class is designed for children who do not have previous experience in a structured class setting or being away from their parents/guardians in the water. Children will work on basic swimming skills to become comfortable in the water. Skills will be learned through play and incidental learning to encourage a fun and enjoyable experience in the water. Preschool 1 introduces basic aquatic skills. In addition, children start developing positive attitudes and safe practices around the water in Preschool Aquatics 1. There is no prerequisite required for this class.

## **Preschool Aquatics 2**

The objective of Preschool 2 is to further develop basic aquatic skills. Children begin to perform these skills at a slightly more advanced level (for example: for longer lengths of time, for longer distances or in deeper water). Many skills in Preschool 1 are performed with assistance. Preschool 2 marks the beginning of independent aquatic locomotion skills. Children continue to explore using simultaneous and alternating arm and leg actions on the front and back to gain greater proficiency in preparation for performing strokes. Successful completion of Preschool Aquatics Level 1, or prior approval is required to take this class.

## **Preschool Aquatics 3**

The objective of Preschool 3 is to increase children's proficiency in performing previously learned skills. This is accomplished by providing additional guided practice and increasing repetitions, distances, times or levels of refinement. The skills in Level 3 are performed independently. Children improve their coordination and control of combined simultaneous arm and leg actions and alternating arm and leg actions. New water safety topics are introduced, and previously acquired water safety knowledge and skills are reinforced. Successful completion of Preschool Aquatics Level 1, or prior approval is required to take this class.

# Swim Lessons Class Descriptions

## Learn to Swim Level 1

Introduction to Water Skills

This class is designed to orient participants to the aquatic environment and to help them gain basic aquatic skills. In addition, participants start learning about how to be safe around water.

## Learn to Swim Level 2

Fundamental Aquatic Skills

This class is designed for children who have successfully completed Level 1: Introduction to Water Skills. Learn to Swim Level 2 builds on the basic aquatic skills and water safety skills and concepts learned in Level 1. Participants begin to perform skills at a slightly more advanced level and begin gaining rudimentary propulsive skills on both the front and the back. This level marks the beginning of independent aquatic locomotion skills.

## Learn to Swim Level 3

Stroke Development

This class builds on the skills learned in Levels 1 and 2. Participants learn to swim the front crawl and elementary backstroke at rudimentary and proficient levels, and are introduced to dolphin kicks. Upon successful completion of Level 3, participants will have achieved basic water competency in a pool environment.

## Learn to Swim Level 4

Stroke Improvement

This class is designed for children who have successfully completed Level 3. In Level 4, participants improve their aquatic skills and increase their endurance by swimming the strokes learned in Level 3 for greater distances and with more advanced proficiency. Participants add arm actions to the previously learned breaststroke kick to learn the breaststroke. Participants also begin to learn the back crawl and butterfly, as well as the basics of performing a simple open turn at a wall.

## Learn to Swim Level 5

Stroke Refinement

The objective of stroke refinement develops performance of all 5 strokes and increases students' endurance to improve their distances. This level will also focus on the technique needed to be successful in Swim Team. Flip turns are introduced.

# August 2019

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
				1	2	3
4	5	6	7	8	9	10
<i>Late Registration August</i>						
11	12	13	14	15	16	17
<i>Early Registration Fall Session 1</i>	August Class 1	August Class 2	August Class 3	August Class 4		
18	19	20	21	22	23	24
<i>Open Registration Fall Session 1</i>	August Class 5	August Class 6	August Class 7	August Class 8		
25	26	27	28	29	30	31
<i>Open Registration Fall Session 1</i>						

# September 2019

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1	2	3	4	5	6	7
<i>Late Registration Fall Session 1</i>	Labor Day SPIRE CLOSED					
8	9	10	11	12	13	14
<i>Early Registration Fall Session 2</i>		Tuesday/Thursday Session 1 (Class 1)		Tuesday/Thursday Session 1 (Class 2)		Saturday Lessons (Class 1)
15	16	17	18	19	20	21
<i>Open Registration Fall Session 2</i>		Tuesday/Thursday Session 1 (Class 3)		Tuesday/Thursday Session 1 (Class 4)		Saturday Lessons (Class 2)
22	23	24	25	26	27	28
<i>Open Registration Fall Session 2</i>		Tuesday/Thursday Session 1 (Class 5)		Tuesday/Thursday Session 1 (Class 6)		Saturday Lessons (Class 3)
29	30					
<i>Late Registration Fall Session 2</i>						

# October 2019

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		1	2	3	4	5
		Tuesday/Thursday Session 1 (Class 7)		Tuesday/Thursday Session 1 (Class 8)		Saturday Lessons (Class 4)
6	7	8	9	10	11	12
<i>Early Registration Holiday Session</i>		Tuesday/Thursday Session 2 (Class 1)		Tuesday/Thursday Session 2 (Class 2)		Saturday Lessons (Class 5)
13	14	15	16	17	18	19
<i>Open Registration Holiday Session</i>		Tuesday/Thursday Session 2 (Class 3)		Tuesday/Thursday Session 2 (Class 4)		Saturday Lessons (Class 6)
20	21	22	23	24	25	26
<i>Open Registration Holiday Session</i>		Tuesday/Thursday Session 2 (Class 5)		Tuesday/Thursday Session 2 (Class 6)		Saturday Lessons (Class 7)
27	28	29	30	31		
<i>Late Registration Holiday Session</i>		Tuesday/Thursday Session 2 (Class 7)		Tuesday/Thursday Session 2 (Class 8)		