

SPIRE Swim Lessons

Summer 2018

Class Schedule

Class Name	Class Times
Morning Classes	
Parent & Child	9:00am-9:30am
Learn to Swim 1	9:00am-9:45am
Preschool 2	9:45am-10:15am
Learn to Swim 3	10:00am-10:45am
Preschool 3	10:30am-11:00am
Learn to Swim 2	11:00am-11:45am
Preschool 1	11:15am-11:45am

Class Name	Class Times
Afternoon/Evening Classes	
Preschool 1	4:00pm-4:30pm
Learn to Swim 1	4:00pm-4:45pm
Preschool 3	4:45pm-5:15pm
Learn to Swim 3	5:00pm-5:45pm
Parent & Child	5:30pm-6:00pm
Learn to Swim 2	6:00p-6:45pm
Preschool 2	6:15pm-6:45pm
Learn to Swim 4	7:00pm-7:45pm
Learn to Swim 5	7:00pm-7:45pm

Summer Sessions run
Monday through Thursday
 for a 2 week period.
 There are sessions in
 June, July, and August.

****Tuesday/Thursday and Saturday
 Classes resume after Labor Day.**

Registration Deadlines		Costs
Early Registration	Session 1 - May 21st to May 26th Session 2 - June 18th to June 23rd Session 3 - July 16th to July 21st	\$35 Member / \$55 Non-Member
Open Registration	Session 1 - May 27th to June 9th Session 2 - June 24th to July 7th Session 3 - July 22nd to August 5th	\$45 Member / \$65 Non-Member
Late Registration	Session 1 - June 10th to June 15th Session 2 - July 8th to July 13th Session 3 - August 5th to August 10th	\$55 Member / \$75 Non-Member

Visit the SPIRE Fit Desk to Register your children

Sessions:	Date of Session:
Session 1	June 18th - June 28th
Session 2	July 16th - July 26th
Session 3	August 13th - August 23rd

****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!**

Swim Lesson Class Descriptions

Parent/Child (ages 6-36 months)

Must be at least 6 months old and accompanied by a parent/guardian. This program helps the child 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 Level 1. There is no prerequisite required for this class.

Preschool Aquatics 2

The objectives of Preschool 2 are 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.

Learn to Swim Level 1

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

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

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

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

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.

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