

SPIRE Swim Lessons WINTER 1 SESSION

Tuesdays and Thursdays

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

Saturdays

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

Winter 1 Registration Details

Early Registration

December 1 -
December 13

Members \$35
Non-Members \$55

Open Registration

December 15 -
December 27

Members \$45
Non-Members \$65

Late Registration

December 29 -
January 10

Members \$55
Non-Members \$75

Sessions:

Weekday Sessions

Weekend Sessions

Dates of Sessions:

Jan. 14 to Feb. 3rd

Jan. 18 to Apr. 4

No Classes on:

Feb. 8, 22 & Mar. 7, 14

** No refunds or make ups for missed classes. Some classes may be combined to meet 3 person minimum.**

Visit the SPIRE Fit Desk to Register your child.

**For more information or any questions, please contact us at:
swimlessons@spireinstitute.org**



SPIRE **Swim Lessons** **CLASS DESCRIPTIONS**

Parent and Child (ages 6-36 months)

Must be at least six months old and accompanied by parent or 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 the 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 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.



SPIRE Swim Lessons CLASS DESCRIPTIONS

Learn to Swim 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 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 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 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 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.



January

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1 New Year's Day Pool Hours: 8 am to 4 pm	2	3	4
5	6	7	8	9	10	11
12	13	14 Weekday Winter 1 (Class 1)	15	16 Weekday Winter 1 (Class 2)	17	18 Weekend Winter 1 (Class 1)
19	20	21 Weekday Winter 1 (Class 3)	22	23 Weekday Winter 1 (Class 4)	24	25 Weekend Winter 1 (Class 2)
26	27	28 Weekday Winter 1 (Class 5)	29	30 Weekday Winter 1 (Class 6)	31	

February

Sunday

Monday

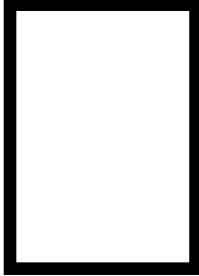
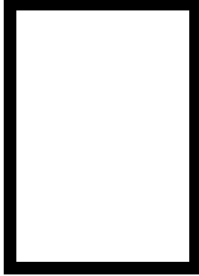
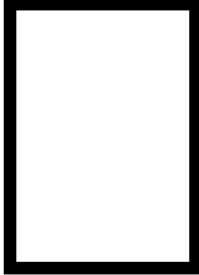
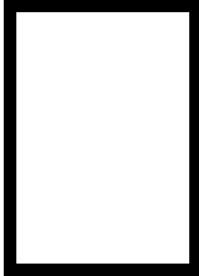
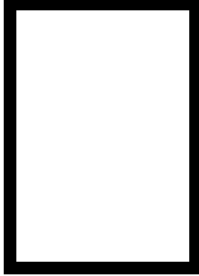
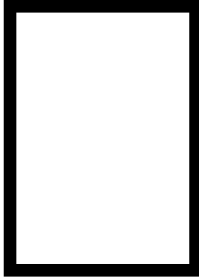
Tuesday

Wednesday

Thursday

Friday

Saturday



1
Weekend
Winter 1
(Class 3)

2

3

4
Weekday
Winter 1
(Class 7)

5

6
Weekday
Winter 1
(Class 8)

7
Pool Closed:
OHSAA
Championships

8
Pool Closed:
OHSAA
Championships

9
Pool Closed:
LESD Last
Chance Meet

10

11
Weekday
Winter 2
(Class 1)

12

13
Weekday
Winter 2
(Class 2)

14

15
Weekend
Winter 1
(Class 4)

16

17

18
Pool Closed:
Atlantic 10
Championships

19
Pool Closed:
Atlantic 10
Championships

20
Pool Closed:
Atlantic 10
Championships

21
Pool Closed:
Atlantic 10
Championships

22
Pool Closed:
Atlantic 10
Championships

23

24

25
Weekday
Winter 2
(Class 3)

26

27
Weekday
Winter 2
(Class 4)

28

29
Weekend
Winter 1
(Class 5)



March

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2	3 Weekday Winter 2 (Class 5)	4	5 Weekday Winter 2 (Class 6)	6	7 Pool Closed: YMCA Districts
8	9	10 Pool Closed: NCAA Division 2 Championships	11 Pool Closed: NCAA Division 2 Championships	12 Pool Closed: NCAA Division 2 Championships	13 Pool Closed: NCAA Division 2 Championships	14 Pool Closed: NCAA Division 2 Championships
15	16	17 Weekday Winter 2 (Class 7)	18	19 Weekday Winter 2 (Class 8)	20	21 Weekend Winter 1 (Class 6)
22	23	24	25	26	27	28 Weekend Winter 1 (Class 7)
29	30	31	April 1	2	3	4 Weekend Winter 1 (Class 8)