

Swimming...

for safety, fitness & fun

group swim LESSONS

AT THE SWIMMING HOLE



REGISTRATION PROCEDURE & GUIDELINES

- Determine what class best fits your child's swimming level.
- Decide what session, day & time fits your schedule.
- Payment must be made in full to reserve your space, accompanied with a registration form. Available at the Front Desk and online www.theswimmingholestowe.com
- All group lessons have a minimum of 3 children per class. If the minimum is not met the day before the class, you will receive a call to inform you that the class is canceled and you may be asked to move to another day. If no other class time works for you we will do our best to coordinate a private lesson.
- Refunds are only granted prior to the start date. There are no make-up classes and no exchanges.
- Please be prompt picking up your child at the end of their lesson time.

RATIOS & RATES

GROUP LESSONS

- 1:6 Parent & Child Ratio
- 1:5 Preschool Levels & Level 1 Ratio
- 1:6 Learn to Swim Level 2-5 Ratio

Free Swim time is NOT included in the lesson fee for nonmembers. To continue swimming that day, the student may purchase a day pass & be supervised by a paying adult (18 years and up).

Or you may purchase a nonmember Practice Pass.

PRACTICE PASS - \$25

This entitles the student & one supervising adult, pool access after their swim lessons for the whole session. It is available for purchase anytime within the session, is good for 30 minutes swim time after your lesson & may not be prorated or refunded after the first class.

Each session consists of six 30 minute classes.

\$62.50 members / \$77.50 nonmembers (6 weeks)

PRIVATE LESSONS

Private lessons are available for adults & children. Choose one-on-one instruction (one instructor per participant) or semi-private lessons (one instructor to 2 participants).

Whether you want to learn to swim or improve your strokes, our WSI qualified staff can help as early as age 2!

RATES*

1 Session	\$30 member / \$40 nonmember
5 Sessions	\$140 member / \$190 nonmember
10 Sessions	\$250 member / \$350 nonmember
Semi-Private	\$25 member / \$35 nonmember

*Rates per 30 minute sessions

FINDING THE RIGHT LEVEL

PARENT/CHILD LEVELS

FIRST SPLASH & SUPER SPLASH

6-17 months & 18 months-3 years

These classes are designed to help young children become comfortable in & around the water so they are ready to join a preschool level without their parents at 3 years of age. These fun classes teach parents techniques to help orient children to the water using games & songs. *Parent Participation Required.*

PRESCHOOL LEVELS

PRESCHOOL LEVEL 1: SUPPORTED WATER EXPLORATION

Age 3-5 years

This class is for children who have never participated in a parent/child lesson & are new to the water environment. All skills are executed with the support of the instructor.

**Front Glides - Back Floats - Arm & Leg Actions
Bubbles/Submerging Face - Safety Topics**

PRESCHOOL LEVEL 2: ASSISTED PRIMARY SKILLS

Age 3-5 years

This class is for children who have completed parent/child lessons and/or demonstrates familiarity and independence in the water environment. Skills are practiced with the assistance of the instructor.

**Underwater Bobs - Front/Back Glides & Floats
Control in Shoulder Deep Water - Safety Topics**

PRESCHOOL LEVEL 3: INDEPENDENT AQUATIC SKILLS

Age 3-5 years

This class is for children who have completed subsequent levels or is ready to learn skills w/out the hands on assistance of the instructor.

**Jumping - Face Down Floats
Independent Floating & Swimming - Safety Topics**

LEARN TO SWIM LEVELS

LEVEL 1: INTRODUCTION TO WATER

Ages 5+

This class is for school age children ready to become familiar with the water environment & are new to swim lessons of any kind.

**Bubbles - Submerging Face - Opening Eyes
Supported Front/Back Glides
Exploring Chest Deep Water
Supported Arm & Leg Actions - Safety Topics**

LEVEL 2: FUNDAMENTAL AQUATIC SKILLS

Ages 5+

This class is for school age children ready to learn & demonstrate skills independently. Children who have completed Preschool Level 2 may be ready for this class.

**5 Bobs - Retrieving Objects Underwater
Front/Back Floats & Glides
Swim with Arm & Leg Action 5 Body Lengths
Jumping into Shoulder Deep Water - Safety Topics**

LEVEL 3: STROKE DEVELOPMENT

Ages 5+

Children who have completed Preschool Level 3 may be ready for this class or subsequent levels.

**Deep Water Jumping - Sitting/Kneeling Diving
Deep Water Treading - Rotary Breathing
Streamline 3 Body Lengths - Front Crawl 15yds
Survival Float - Elementary Back/Side Stroke
Safety Topics**

LEVEL 4: STROKE IMPROVEMENT

Ages 5+

**Stride Position Dive - Back Crawl - Breaststroke
Butterfly - Front/Back Open Turns - Front Crawl 25yds
Feet First Surface Dives - Tread Water 2min.
Safety Topics & Skills (Reaching/Throwing Assists)**

LEVEL 5: STROKE REFINEMENT

Ages 5+

**Front/Back Crawl - Breaststroke
Elementary Back/Side Stroke - Butterfly
Front/Back Flip Turns - Tuck/Pike Surface Dives
Shallow Dive into a Swim (Race Start)
Safety Topics & Skills (Importance of First Aid & CPR)**