

LEARN TO SWIM

Riverside Aquatics Complex

SUMMER 2022 CLASS SCHEDULE

• **SESSION 1: JUNE 21 - JULY 1**

• **SESSION 2: JULY 5 - 15**

• **SESSION 3: JULY 19 - 29**

• **SESSION 4: AUGUST 2 - 12**

SESSIONS 1, 3, & 4

SKILL LEVELS		CLASS TIME
INSTRUCTOR A	INSTRUCTOR B	
Preschool	Baby & Me	5:00 p.m. - 5:30 p.m.
Level 1	Level 2	5:40 p.m. - 6:10 p.m.
Level 4	Level 3	6:20 p.m. - 6:50 p.m.
Level 5 & 6 Combined	N/A	7:00 p.m. - 7:30 p.m.

SESSION 2

SKILL LEVELS		CLASS TIME
INSTRUCTOR B		
Level 2	Level 1	5:00 p.m. - 5:30 p.m.
Level 3	Level 2	5:40 p.m. - 6:10 p.m.
Level 4	Level 3	6:20 p.m. - 6:50 p.m.
Level 5 & 6 Combined		7:00 p.m. - 7:30 p.m.

EARLY BIRD REGISTRATION

FRIDAY, MAY 13 | 10 A.M. - 2 P.M.

Admin. Office, Bldg 147, Solomons

GENERAL REGISTRATION

TUESDAY, JUNE 1

Riverside Aquatics Complex

GROUP CLASSES

\$50 (E1-E5) | \$60 (All others)

- Group classes require a minimum of 6 participants and a maximum of 10/12 depending on skill level.
- Tuesday - Friday, 2 week session, 8 total classes, 30 minutes each
- If a class has not filled, the NRC Aquatics team will contact participants to offer alternate class options.

PRIVATE LESSONS

\$100 (E1-E5) | \$110 (All others)

- Private lessons are available to swimmers of all ages and skill levels.
- Pricing is based per participant per private session.
- Tuesday - Friday, 6 total classes, 30 minutes each

LIFEGUARD CLASS

\$275 (per person) | Dates TBD

Course Fee include cost of mask and manual.

LIFEGUARD REVIEW CLASS

\$150 (per person) | Dates TBD

**All classes are subject to cancellation or rescheduling of time slots due to lack of participation. Per the American Red Cross standard, we must have a minimum of 6 participants to run a class.*



For more information, please contact the **Site Director** at **410-326-6376** or scan the QR Code.



**STAY
CONNECTED
NRC SOLOMONS**

f @MWRPAXRIVER
t @MWRPAXRIVER
NAVY MWR NDW

CLASS DESCRIPTIONS

No group classes or private lessons will be held on Mondays, unless otherwise noted.

Preschool (Ages 3 - 5 years)

A parent, or other participant at least 16 years of age, is required to be in the water with the preschooler throughout each class. All Preschool level classes incorporate games and activities to encourage a fun and safe swimming experience.

STEP 1: This class is designed for children who are being exposed to a swim class for the first time.

STEP 2: Step 2 is designed for children who are continuing their swim training. Participants at this level have successfully completed the Preschool Step 1 swim course.

STEP 3: Step 3 is designed for children who are continuing their swim training. Participants at this level have successfully completed the Preschool Step 2 swim course.

Level 1: Water Exploration

This class is designed to help participants become familiar in the water, introduce basic rescue skills and teach water safety.

Level 2: Primary Skills

In this class, participants will learn to float without support, recover to a standing position, learn basic locomotive skills and expand upon the basic rescue skills learned in Level 1.

Level 3: Stroke Readiness

Building on the skills learned in Level 2, this class teaches the fundamentals of treading water, front and back crawl, introduce elements of the backstroke and additional safety skills.

Level 4: Stroke Development

This course helps swimmers develop confidence and increase endurance using familiar strokes, as well as, teaches the breaststroke, sidestroke and butterfly (dolphin kick). It also focuses on treading water as a safety skill.

Level 5: Stroke Refinement

In addition to teaching stroke coordination and refinement, this level also introduces swimmers to advanced safety skills, open turns, feet-first surface and poolside dive techniques.

Level 6: Fitness and Guard Start

Level 6 has two focus areas taught based on the student's interest. FITNESS focuses on polishing stroke techniques so the student is able to swim with ease, power and efficiency. Guard Start is for students interested in becoming a lifeguard at the age of 15.

If interested in becoming a certified Lifeguard, please contact us to be added to a wait list.