

LEARN TO SWIM

Riverside Aquatics Complex



SUMMER 2018 CLASS SCHEDULE

SESSION 1: JUNE 19 - JULY 6 (No class July 4)

CLASS TIME	SKILL LEVEL (Taught by Instructor A)	SKILL LEVEL (Taught by Instructor B)
9 - 9:30 a.m.	Level 2	Level 4
9:40 - 10:10 a.m.	Level 1	Level 3
10:20 - 10:50 a.m.	Preschool 1 and 2	Level 5 and 6
5 - 5:30 p.m.	Preschool 1 and 2	Level 1
5:40 - 6:10 p.m.	Level 2	Level 3
6:20 - 6:50 p.m.	Level 4	Level 5 and 6

SESSION 2: JULY 10 - 27

9 - 9:30 a.m.	Level 2	Level 4
9:40 - 10:10 a.m.	Preschool 1 and 2	Level 3
10:20 - 10:50 a.m.	Level 1	Level 5
5 - 5:30 p.m.	Baby and Me	Preschool 1 and 2
5:40 - 6:10 p.m.	Preschool 3	Level 2
6:20 - 6:50 p.m.	Level 1	Level 6
7 - 7:30 p.m.	Level 3	Level 4

SESSION 3: JULY 31 - AUGUST 17

9 - 9:30 a.m.	Level 3	Level 5
9:40 - 10:10 a.m.	Level 2	Preschool 1 and 2
10:20 - 10:50 a.m.	Level 1	Level 4
5 - 5:30 p.m.	Baby and Me	Level 3
5:40 - 6:10 p.m.	Preschool 3	Level 2
6:20 - 6:50 p.m.	Level 1	Level 5
7 - 7:30 p.m.	Level 4	Level 6

GROUP CLASSES

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

- Group classes must have 6 to 12 participants, based on skill level.
- The NRC Aquatics team will offer participants alternate session times to fill classes with vacancies.

PRIVATE LESSONS

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

- Cost includes six, 30 minute classes.
- Private lessons are available to swimmers of all ages and skill levels.
- Private lessons are held in conjunction with group lesson time-frames.

EARLY BIRD REGISTRATION

FRIDAY, APRIL 27 | 10 A.M. - 2 P.M.

Military Only at the Adventure Zone

FRIDAY, MAY 4 | 10 A.M. - 2 P.M.

All Other Patrons at the Adventure Zone

GENERAL REGISTRATION

SATURDAY, MAY 26

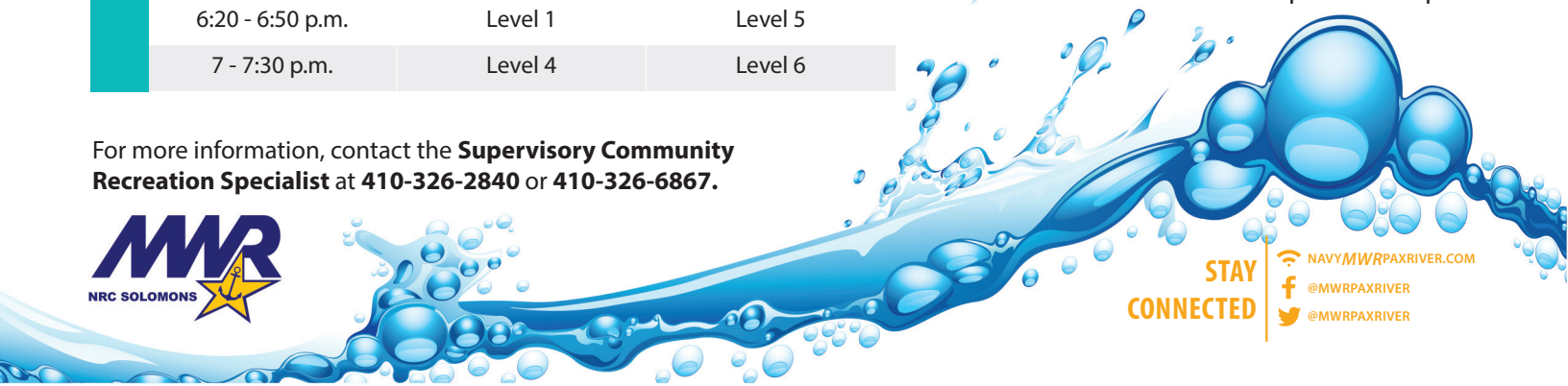
All Patrons at Riverside Aquatics Complex

For more information, contact the **Supervisory Community Recreation Specialist** at 410-326-2840 or 410-326-6867.



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CLASS DESCRIPTIONS

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

Baby and Me (Ages 6 - 36 months)

This class is designed to: familiarize infants with water, establish trust and comfort between the parent and infant and equip parents to create a safe and fun aquatic environment. Parents are required to be in the water with their child throughout each class.

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.

Lifeguard Class (Available upon interest)

Offered June 8-14 and July 13-18

Upon course completion, all students will be certified in lifeguard, CPR for professionals, blood borne pathogen training and First Aid. A skills assessment is required for all participants prior to the start of the class. Participants must be at least 15 years of age. Class is subject to cancellation if a minimum of six students are not enrolled.

Water Safety Instructor (Available upon interest)

A skills test required for each student on the first day of class. Participants must be at least 16 years of age, a proficient swimmer and have a Level 6 skill level in Red Cross Learn to Swim program. Class is subject to cancellation if a minimum of six students are not enrolled.