

# LEARN TO SWIM

Riverside Aquatics Complex



## SUMMER 2019 CLASS SCHEDULE

### SESSION 1: JUNE 18 - JULY 5 (No class July 4)

CLASS TIME	SKILL LEVEL
9 - 9:30 a.m.	Level 3
9:40 - 10:10 a.m.	Level 1 and 2 Combined
10:20 - 10:50 a.m.	Preschool 1 and 2
5 - 5:30 p.m.	Level 2
5:40 - 6:10 p.m.	Level 3
6:20 - 6:50 p.m.	Level 4
7 - 7:30 p.m.	Level 5 and 6 Combined

### SESSION 2: JULY 9 - 26

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

### SESSION 3: JULY 30 - AUGUST 16

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

### 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 class options to fill classes with vacancies.

### PRIVATE LESSONS

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

**MONDAY 12 P.M. - 6:30 P.M.**

**TUESDAY - FRIDAY 9 A.M. - 6:30 P.M.**

**SATURDAY & SUNDAY 8:30 A.M. - 12 P.M.**

- Cost is based per child per private lesson
- Cost includes six, 30 minute classes.
- Private lessons are available to swimmers of all ages and skill levels.

### EARLY BIRD REGISTRATION

**FRIDAY, APRIL 26 | 10 A.M. - 2 P.M.**

Military Only at the Adventure Zone

**FRIDAY, MAY 3 | 10 A.M. - 2 P.M.**

All Other Patrons at the Adventure Zone

### GENERAL REGISTRATION

**SATURDAY, MAY 25**

All Patrons at Riverside Aquatics Complex

### LIFEGUARD CLASS & REVIEW CLASS

**\$225 (Class) JUNE 14 - 19**

**\$100 (Review Class) JUNE 8 & 9**

For more information, contact **Riverside Aquatics Complex** at **410-326-6867** or the **Supervisory Community Recreation Specialist** at **301-342-2840**.



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# 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.

## **Lifeguard Class & Review Class**

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.