



# LEARN TO SWIM WITH CONFIDENCE

## Aquatics: Swim Lessons – Adult & Child

Learn to swim at the Bedford Heights Community Center! Swimmers ages 6 months and older will have the opportunity to learn to swim on Saturday mornings beginning May 4<sup>th</sup>.

**NOTE:** There are maximum student to teacher ratios that must be adhered to, therefore all lessons will be on a first-come first-serve registration basis.

The maximum for parent/child and adult lessons is 10 students. Parents are NOT PERMITTED in the water during swim lessons (*except parent/child classes*). We look forward to the opportunity to help you and yours become more confident in the pool and improve your swimming skills with us!

### SATURDAY LESSONS ONLY Beginning May 4, 2024

Swim lessons begin on the **first** Saturday of the month and conclude on the **last** Saturday of the month.

### SCHEDULE

**Parent & Child Aquatics 1** ..... 9:30am – 10:00am

30-minute class (*6 months – 2 years of age*) limit 10

This program builds swimming readiness by emphasizing fun in the water. Children will learn bubble blowing, kicking, back floating and underwater exploration.

**Parent & Child Aquatics 2** ..... 10:15am – 10:45am

30-minute class (*2 years – 4 years of age*) limit 10

This is a level 1 class with the parent in the water.

**Level 1 - Intro to Water Skills** ..... 11:00am – 11:30am

30-minute class (*3 years of age and up*) limit 6/2 student to instructor ratio.

This class is for children to learn to put their face in the water, blow bubbles, float on their front and back while supported. No parents will be allowed in the water with this group.

**Level 2 - Fundamental Aquatic Skills**..... 11:45am – 12:15pm

30-minute class (*4 years of age and up*) limit 7/2 student to instructor ratio.

This class is for students who can have their face in the water for 3 seconds and are ready to learn to float on their front and back unsupported, tread water, and increase their understanding of safety skills.

**Level 3 – Stroke Development** ..... 12:30pm – 1:00pm

30-minute class (*pass Level 2*) limit 8/2 student to instructor ratio.

Students who can float on their back and swim unsupported for 15 feet, will learn rhythmic breathing for front crawl, elementary backstroke, kneeling dive, butterfly kick and additional safety skills will also be taught.

**Level 4 – Stroke Improvement**..... 1:15pm – 1:45pm

30-minute class (*pass Level 3*) limit 8/1 student to instructor ratio.

Students who can swim front crawl with rotary breathing, elementary backstroke, have learned the scissor kick and treading. The objective of this level is to develop confidence. They will learn sidestroke, butterfly and breaststroke. Students will be taught to increase their endurance by swimming greater distances.

**Level 5&6 – Stroke Refinement & Skill Proficiency**..... 2:00pm – 2:30pm

30-minute class (*pass Level 4*) limit 8/1 student to instructor ratio.

Students should be able to swim front crawl and back crawl for 25 yards, and elementary backstroke and breaststroke for 15 yards. They will be instructed on skills such as breaststroke and butterfly coordination, sidestroke, and how to improve proficiency in all strokes.

Registration: There will be NO makeup classes or refunds/credits for missed classes (*even in the event of illness*). The ONLY exception will be in the event the facility is closed or the class has been cancelled.

**FEES: \$25.00 for Bedford Heights Residents / \$35.00 for Bedford School District Residents**

Please be mindful that there is a minimum 3-child per policy. Classes that do not meet this criterion will be combined with another class if possible or cancelled.

**CONTACT THE COMMUNITY CENTER 440-786-3290 FOR DISCOUNTS**