

LEARN TO SWIM - WINTER I 2025

MONDAY - 5 WEEKS January 6th - February 3rd	WEDNESDAY - 5 WEEKS January 8th - February 5th	SATURDAY - 5 WEEKS January 11th - February 8th
LEVEL 1 5:30PM (45 MIN) Member \$105 / Guest \$137	LEVEL 1 5:30PM (45 MIN) Member \$105 / Guest \$137	PARENT TOT 9AM (30 MIN) Members \$77 / Guest \$99
LEVEL 3 5:30PM (45 MIN) Member \$105 / Guest \$137	LEVEL 3 5:30PM (45 MIN) Member \$105 / Guest \$137	LEVEL 1 9:30AM (45 MIN) Member \$105 / Guest \$137
LEVEL 2 6:15PM (45 MIN) Member \$105 / Guest \$137	LEVEL 2 6:15PM (45 MIN) Member \$105 / Guest \$137	LEVEL 3 9:30AM (45 MIN) Member \$105 / Guest \$137
LEVEL 4 6:15PM (45 MIN) Member \$105 / Guest \$137		LEVEL 2 10:15AM (45 MIN) Member \$105 / Guest \$137
STROKE CLINIC - WEDNESDAYS - 10 WEEKS Runs: January 8th through March 12th 4:30PM - 5:30PM Price: Member \$205 / Guest \$255 -Students must be able to swim 25 yards on front and back and be comfortable in 5 feet deep water. -This class is for students interested in fine tuning technique for competitive strokes and increasing endurance. -NO MAKEUPS FOR CLASSES THAT WERE NOT CANCELED BY SSHRC		LEVEL 4 10:15AM (45 MIN) Member \$105 / Guest \$137
		TRANSITIONING TOT 11AM (30 MIN) Members \$77 / Guest \$99

LEARN TO SWIM INFORMATION // LEVEL DESCRIPTIONS

- Learn to swim classes run for 45 minutes.
- **NO MAKEUPS FOR CLASSES THAT WERE NOT CANCELED BY SSHRC**
- For children that are not fully potty trained, they must be in a swim diaper.
- Please have children rinse off in the deck shower prior to their lesson.
- Payment is required upon sign up for all classes.
- No street shoes allowed on the pool deck.

Level 1 - Water Exploration:

- Ages 3 years to 5 years.
- Little or no swim experience.
- Uncomfortable with getting face wet.
- This class will help students feel comfortable submerging into water, reinforce safety skills and introduce basic swimming skills on front and back.

Level 2 - Primary Skills:

- Ages 4 and up.
- Some swim experience.
- Comfortable submerging under water, reinforces skills learned in level 1, and continues progression of basic swimming skills on front and back.

Level 3 - Stroke Readiness:

- Able to float on back.
- Can "doggy paddle/swim" for 10ft on front.
- Can swim on back.
- Able to bob in water over their head in shallow water.

Level 4 - Stroke Development:

- Able to swim 25 yards on front and back.
- Comfortable in 5 feet deep water.
- Rhythmic breathing when swimming on front.

Parent Tot-

- Ages 3 months to 3 years.
- Swim diapers are required for all children.
- Parent(s)/Guardian(s) are in water with children.
- Assists with acclimating children to water and basic safety.

Transitioning Tot-

- Ages 2 and 3 years.
- Must have participated in a Parent Tot class at SSHRC.
- Helps children transition into group classes without a parent in the water.