

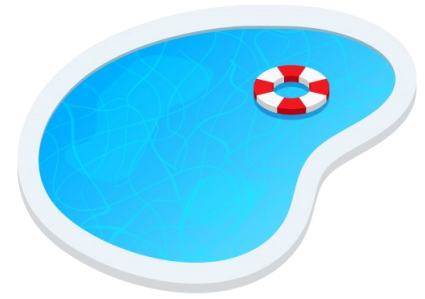


# POOL SCHEDULE

SPRING I | SESSION 2 | Feb 28-May 1, 2022  
(as of 2.3.22)

**Please note:**  
Swim caps must be worn in pool at all times.

FOR YOUTH DEVELOPMENT  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY



NEED FINANCIAL ASSISTANCE? JUST ASK. | Changes/ additions in red.

	MON	TUES	WED	THURS	FRI	SAT	SUN		
6AM	POOL CLOSED	Pool Closed 6:30 - 10:30 AM	Pool Closed 6:30 - 12:30 PM	Pool Closed 6:30 - 10:30 AM		Adult Lap 8-9AM	Adult Lap 8-9AM		
7AM									
8AM									
9AM									
10AM								A/ Water Discovery Ages 6-18 months 9:15-9:45 AM	A/ Water Discovery Ages 6-18 months 9:15 - 9:45 AM
11AM			Water Aerobics 10:30 - 11:20 AM Maria C.	Water Aerobics 10:30 - 11:20 AM Maria C.		Water Aerobics 10:30 - 11:20 AM Maria C.		B/ Water Exploration Ages 18-36 months 10-10:30 AM	B/ Water Exploration Ages 18-36 months 10-10:30 AM
12N			Adult Recreation Swim (No Lane Lines) 11:30 AM-12 PM	Adult Recreation Swim (No Lane Lines) 11:30 AM-12 PM		Adult Recreation Swim (No Lane Lines) 11:30 AM-12 PM		1/Water Accl w/ Parent Ages 3-5 10:45-11:15 AM	1/Water Accl w/ Parent Ages 3-5 10:45-11:15 AM
1PM			Adult Lap 1 PM-2:30 PM	Adult Lap 12:30 - 2:30 PM		Adult Lap 1 PM-2:30 PM		2/ Water Movement Ages 3-5 11:25-11:55 AM	2/ Water Movement Ages 3-5 11:25-11:55 AM
2PM								3/Water Stamina Ages 3-5 12:30-1 PM	3/Water Stamina Ages 3-5 12:30-1 PM
3PM								1/Water Acclimation Ages 5-12 1:10 - 1:40 PM	2/Water Movement Ages 5-12 1:10 PM-1:40 PM
4PM			Family Recreation Swim 3 - 3:45 PM	1/Water Acclimation Ages 3-5 3:00 - 3:30 PM		1/Water Acclimation Ages 5-12 3:00 - 3:30 PM	Family Recreation Swim 3:15 PM - 4 PM	3/Water Stamina Ages 5-12 1:50-2:20 PM	3/Water Stamina Ages 5-12 1:50-2:20 PM
5PM			1/Water Acclimation Ages 3-5 4:00 - 4:30 PM	2/Water Movement Ages 3-5 3:40 - 4:10 PM		2/Water Movement Ages 5-12 3:40 - 4:10 PM		4/Stroke Intro Ages 5-12 2:30 - 3:15 PM	5/Stroke Develop Ages 5-12 2:30 - 3:15 PM
6PM			2/Water Movement Ages 3-5 4:40 - 5:10 PM	3/ Water Stamina Ages 3-5 4:20 - 4:50 PM		3/ Water Stamina Ages 5-12 4:20 - 4:50 PM	Family Recreation Swim 4:15 PM - 5 PM	Family Recreation Swim 4:15 PM - 5 PM	POOL PARTY RESERVATIONS 3:30-4:30 PM
7PM			3/ Water Stamina Ages 3-5 5:20 - 5:50 PM	4/ Stroke Intro Ages 5-12 5:00 - 5:45 PM		5/ Stroke Dev. 6/ Stroke Mech. Ages 5-12 5:00 - 5:45 PM	Adult Lap 5:30 PM-6:30 PM		Family Recreation Swim 4:45 PM - 5:30 PM
8PM			Family Recreation Swim 6 - 6:45 PM	2/ Water Movement Ages 18+ 6:15 - 7:00 PM		5/ Stroke Develop- ment 6/ Stroke Mechanics Ages 18+ 6:40-7:25 PM		Pool Closed	Pool Closed
			Adult Lap 7 PM-8 PM	3/ Water Stamina 4/ Stroke Intro Ages 18+ 7:15 - 8:00 PM		Pool Closed	Adult Lap 7 PM-8 PM		



# STAGE DESCRIPTIONS

## SWIM STARTERS

Accompanied by a parent, infants and toddlers learn to be comfortable in the water and develop swim readiness skills through fun and confidence-building experiences, while parents learn about water safety, drowning prevention, and the importance of supervision,



### A / WATER DISCOVERY

Parents accompany children in stage A, which introduces infants and toddlers to the aquatic environment through exploration and encourages them to enjoy themselves while learning about the water.



### B / WATER EXPLORATION

In stage B, parents work with their children to explore body positions, floating, blowing bubbles, and fundamental safety and aquatic skills.

## SWIM BASICS

Students learn personal water safety and achieve basic swimming competency by learning two benchmark skills;

- Swim, float, swim—sequencing front glide, roll, back float, roll, front glide, and exit
- Jump, push, turn, grab



### 1 / WATER ACCLIMATION

Students develop comfort with underwater exploration and learn to safely exit in the event of falling into a body of water in stage 1. This stage lays the foundation that allows for a student's future progress in swimming.



### 2 / WATER MOVEMENT

In stage 2, students focus on body position and control, directional change, and forward movement in the water while also continuing to practice how to safely exit in the event of falling into a body of water.



### 3 / WATER STAMINA

In stage 3, students learn how to swim to safety from a longer distance than in previous stages in the event of falling into a body of water. This stage also introduces rhythmic breathing and integrated arm and leg action.

## SWIM STROKES

Having mastered the fundamentals, students learn additional water safety skills and build stroke technique, developing skills that prevent chronic disease, increase social-emotional and cognitive well-being, and foster a lifetime of physical activity.



### 4 / STROKE INTRODUCTION

Students in stage 4 develop stroke technique in front crawl and back crawl and learn the breaststroke kick and butterfly kick. Water safety is reinforced through treading water and elementary backstroke.



### 5 / STROKE DEVELOPMENT

Students in stage 5 work on stroke technique and learn all major competitive strokes. The emphasis on water safety continues through treading water and sidestroke.



### 6 / STROKE MECHANICS

In stage 6, students refine stroke technique on all major competitive strokes, learn about competitive swimming, and discover how to incorporate swimming into a healthy lifestyle.

#### Note:

- Everyone must shower before entering the pool.
- Swim caps are required to swim.
- Shoes are not allowed on the pool deck.
- Swimsuits are required in the pool.

**HAVE MORE QUESTIONS?** Our front-desk staff is available to answer any questions about the swim lessons program.