

Aberdeen Swim Club

Learn to Swim Program

2010 Learn to Swim Sessions

Spring Session I – March 22 – April 2, Mon – Fri **Spring Session II** – April 5-16, Mon – Fri
Summer Session I – June 7 – 22, Mon – Thurs **Summer Session II** – July 5 – 20, Mon - Thurs
All Sessions have 10 - 30 minute lessons. Class times: 5:30-6:00 pm, 6:05-6:35 pm & 6:40-7:10 pm
Adult classes: 7:15-7:45 pm

2010 Learn to Swim Fees & Registration

\$60 each session/person - discounts if the same person registers for more than one session per year
\$60 for the first session, each additional session \$55

Spring Session Registration

Wednesday, February 24, 7:30 – 8:30 pm, first come, first serve (mail-in for past participants)
Northern State University Barnett Center, Ticket Counter

~~~~~Summer Registration Begins in May~~~~~

### Learn to Swim Program Levels and Descriptions

**It is not uncommon for participants to repeat levels due to the skill acquisition required.**

**Parent/Child** - (Infant 6 mo. old to tots 3 years) This class develops a comfort level in and around water and a readiness for learning to swim. Parents learn how to safely supervise and orient their child to the water and introduce swimming skills. Parents accompany children in the water. Minimum registration number required to hold class. teacher/student ratio 1:6

**Beginners** - (3 years & up) For children who have had no previous swim lesson experience or are uncomfortable in the water. Participants must be comfortable in a group setting without parent. Participants will learn water adjustment, blowing bubbles, bobbing, paddling & kicking and front & back float. teacher/student ratio 1:3

**Beginner Level I** - (4 years & up) Participants will learn front and back glide and beginner stroke on front and back. For children who have had previous swim lesson experience and are comfortable in the water yet are unable to swim independently. Swimmers must be able to float on front and back independently. teacher/student ratio 1:3

**Beginner Level II** - (4 years & up) Participants will learn fundamentals of freestyle and backstroke. Must be able to swim independently 5 yards on the front and back. teacher/student ratio 1:3

**Advanced Beginner** - (youth) Participants will increase swimming skills competency in the freestyle and backstroke. Introduce the elementary backstroke and breaststroke kick. Must be able to swim 15 yards of freestyle and backstroke. . teacher/student ratio 1:6

**Intermediate** - (youth) Participants develop confidence and competency in freestyle, backstroke and elementary backstroke; and increase swim endurance. Introduce the breaststroke. teacher/student ratio 1:6

**Swimmer** - (youth) Continue refinement of freestyle, backstroke, elementary backstroke, and breaststroke and increase swim endurance. Introduce butterfly. Class may be combined with intermediate due to low registration. teacher/student ratio 1:6

**Adult** - (15 & up) All levels of swimming skills taught. Class geared towards individual goals. Minimum registration required to hold class. teacher/student ratio 1:4

**\*Basic safety discussed at all levels\***

~~~~~

Program held indoors at Northern State University Barnett Center Pool

Small swimmer/teacher ratio * Limited space available

We request that individuals with long hair have the hair tied up away from the face during lessons

~~~~~

**For additional information contact**

**Elyce Kastigar, Aberdeen Swim Club - Head Coach and Lesson Coordinator Ph. 622-3271**