AQUATICS

NATATORIUM CLASSES

Swim Class Session Dates:
2007

May 14-24,
May 28-June7
June 11-21
July 9-19
July 23-August 2

Water Aerobics

Water exercise is very therapeutic, high impact and can improve your cardiovascular system as well as help fight obesity.

Class is offered; Monday-Friday 6:00pm-7:00pm

$25.00 for a 1 month pass
15 years of age and older

Choosing the right swim class:

For safety and quality, it is very important that you register your child according to age and ability. Please call the Natatorium @ 226-8541 for information and how to register.

Class Descriptions

Ages 5-7 5:00pm-5:30pm

Level 1– No prerequisites. Recommended for children who have little to no experience in the water or in a teacher/child relationship.

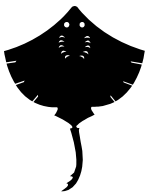
Level 2— At the end of this course they should be comfortable in the water, be able to float on their front and back , know the basic water safety rules and be introduced to arm strokes.

Ages 8-12 5:00pm-5:30pm

Level 1—This is the starter class for older children to learn elementary skills. At the end of this course they should be able to float on their front and back, know basic water safety rules and be introduced to arm strokes.

Level 2—By the end of this class children should be able to float on their front and back by themselves, flutter kick and do arm strokes with breathing on their front and back for 10 yards.

Ages 5-7 6:00pm-6:30pm



Level 3– Should be able to retrieve objects from bottom of pool and be able to swim 25 yards of front and back crawl. Children are also introduced to treading water.

Level 4– Children continue to develop their front and back crawl skills, learn alternative kicks for treading water and swim 50 yards in backstroke and front crawl.

Ages 8-12 6:00pm-6:30pm

Level 3—In this class children continue to develop and polish their strokes. They'll be introduced to various water safety techniques.

Level 4—This class focuses on skill proficiency. Swimmers polish their strokes presented at various levels, swim with greater ease, efficiency, power and smoothness up to 50 yards. They also learn the tuck surface dive, racing turns and learn what to do in an emergency.

Adult Class 7:00pm-7:45pm
13 years and up
This class is for all levels and abilities.

Cost for all swim lessons
$25.00 PER SESSION

PRIVATE SWIM LESSONS

A private lesson is individually arranged with the instructor to fit both your schedule and needs. Lessons are at the Natatorium and taught by American Red Cross certified Swim Instructors. These classes are available to all and are 30 minutes in length for 4 classes and are only **$25.00. Call the Natatorium @ 226-8541 to schedule an instructor.**