

AQUAKIDS

2020

Fall 2 Learn to Swim Schedule

November 2 – December 19
(7 weeks)

CLASS	DAY	TIME
Water Babies Age: 6 months– 2 years	Wednesday Thursday Saturday	6–6:30 p.m. 9:30–10 a.m. 8:30–9 a.m.
Parent/Tot Age: 2–3 years	Wednesday Thursday Saturday	6:30–7 p.m. 9–9:30 a.m. 9:45–10:15 a.m.
Members: \$77	Non-Members: \$105	
Thursday classes Members: \$66	Non-Members: \$90	

Preschool Classes Age: 4–5 years
3 to 1 child to instructor ratio

Preschool 1	Monday Tuesday Wednesday Wednesday Saturday	6:30–7 p.m. 5–5:30 p.m. 9–9:30 a.m. 1:45–2:15 p.m. 9:05–9:35 a.m.
Preschool 2	Monday Tuesday Wednesday Wednesday Saturday	6–6:30 p.m. 5:30–6 p.m. 9:35–10:05 a.m. 2:20–2:50 p.m. 10:20–10:50 a.m.
Preschool 3	Saturday	11–11:30 a.m.
Members: \$98	Non-Members: \$126	

- Please bring your own towel and goggles (optional)
- Showers will not be available at this time.
- Swim lessons are non-refundable.
- One family member may observe class on the first, mid and last day of session.
- Members only are allowed one make-up class if space allows. Limit one per session & must be used in current session.

Registration begins Monday, October 12. Please call 630-978-6280 to register.

CLASS	DAY	TIME
Youth 1 Age: 6–13 years	Monday Wednesday Thursday Saturday Saturday	5–5:45 p.m. 5–5:45 p.m. 6–6:45 p.m. 10:15–11 a.m. 11:15–12 p.m.
Youth 2 Age: 6–13 years	Monday Tuesday Wednesday Thursday Saturday	6–6:45 p.m. 6:05–6:50 p.m. 3–3:45 p.m. 5–5:45 p.m. 9:15–10 a.m.
Youth 3 Age: 6–13 years	Monday Wednesday Wednesday Thursday Saturday Saturday	5–5:45 p.m. 3–3:45 p.m. 6–6:45 p.m. 6–6:45 p.m. 8:30–9:15 a.m. 11:15–12 p.m.
Youth 4 Age: 6–13 years	Tuesday Thursday Saturday	5–5:45 p.m. 5–5:45 p.m. 8:30–9:15 a.m.
Youth 5 Age: 6–13 years	Tuesday Saturday	5–5:45 p.m. 10:15–11 a.m.
Junior Stroke/ Mini Masters Age: 6–13 years	Wednesday Saturday	5–5:45 p.m. 10:15–11 a.m.
Swim Fit for Teens Age: 10–16 years	Tuesday	6–6:45 p.m.
Members: \$84	Non-Members: \$112	
Thursday classes Members: \$72	Non-Members: \$96	

No class on Thanksgiving, November 26. Thursday classes are prorated.



Rush Copley Healthplex Fitness Center

Learn to Swim Levels—*Descriptions and Entry Requirements*

INFANT/TODDLER/PRESCHOOL CLASSES

One parent per child allowed participating in Parent Tot and Water Baby classes.

Water Babies

(6 months through 2 years)

Focus is on water adjustment, safety skills and great time to bond with your child.

Parent toddler

(2 to 3 years)

Children will learn exploration and basic propulsion skills through water play.

Preschool 1

(4 to 5 year olds)

Students in Level 1 explore the water and learn to be comfortable in aquatic environments. They will also learn the basic ideas of floating and airway control. Entry Requirements: Students must be at least 3 ½ years old and mentally ready to participate in swim lessons, including being ready to work with an instructor while parents are not present. Students not ready for independent lessons are encouraged to register for Parent Participation classes or private swim lessons.

Preschool 2

(4 to 5 year olds)

Students in Level 2 will build on the basic skills acquired in Level 1 and move towards performing them independently. They will also begin learning different types of locomotion as the foundation for learning coordinated swim strokes. Entry Requirements: Students must be comfortable in the water, able to submerge completely and blow bubbles, able to float on front and back with minimal support.

Preschool 3

(3 ½ to 5 year olds)

Students in Level 3 build on previously developed skills and coordinate the front and back crawl strokes. Students will also learn the elementary backstroke and how to tread water. Safety skills will be reinforced. Entry Requirements: Students should be able to independently swim 15 ft on front and back.

LEARN TO SWIM LEVELS

Descriptions and Entry Requirements

YOUTH CLASSES

Level 1

(6-12 year olds)

Students in Level 1 explore the water and learn to be comfortable in aquatic environments. They will also learn front and back floating and airway control. Entry Requirements: Student must be 6 years old and ready to learn to swim.

Level 2

(6-12 year olds)

Students in Level 2 will build on the basic skills acquired in Level 1. They will also begin learning different types of locomotion as the foundation for learning coordinated swim strokes. Entry requirements: Students must be comfortable in the water, able to submerge completely and blow bubbles, able to float on front and back by themselves.

Level 3

(6-12 year olds)

Students in Level 3 build on previously developed skills and coordinate the front and back crawl strokes. Students will also learn the elementary backstroke and how to tread water. Safety skills will be reinforced. Entry Requirements: Students should be able to independently swim 15ft on front and back.

Level 4

(6-12 year olds)

Students in Level 4 will continue to build on and improve all previously learned skills. They will also be introduced to the Breaststroke. Entry Requirements: Students should be able to swim Front Crawl with side breathing for 15 yards, tread water for at least 30 seconds, and swim elementary backstroke and back crawl for 25 yards.

Level 5

(6 – 12 year olds)

Students in Level 5 will learn the Butterfly Stroke and refine and improve endurance in the other three competitive strokes (Front Crawl, Back Crawl, and Breaststroke) as well

as improving their Elementary Backstroke and Sidestroke. They will also learn flip turns. Entry Requirements: Students should be able to swim 50 yards of each of the above mentioned strokes with the exception of Butterfly Stroke and tread water for 2 minutes.

Level 6 - Junior Stroke

(6 – 13 year olds)

Students in Jr. Stroke will continue to refine all strokes to perform them with more ease, efficiency, power and smoothness. Students will also learn the fundamentals of personal water safety. This class is intended to help students develop interest in lifelong fitness and help them prepare for advanced aquatic activities such as competitive swimming or Lifeguard Training.

Level 6 - Mini Masters

(6 – 13 year olds)

This class is a coached workout and will train swimmers through a series of drills. Students will learn the fundamentals of swimming for personal fitness as a lifelong fitness activity. Use of fins, paddles, and pull buoys will be implemented. Mini Masters is perfect for the young swimmer who would like to improve strength and endurance and an overall love for swimming. Entry requirements: Students must have completed Level 5 and should be able to swim 50 yards of each of Front Crawl, Backstroke, and Breaststroke; and be familiar with Butterfly. Equipment Needed: Paddles and fins must be supplied by the swimmer.