



# 2024 SPRING-1 LEARN-TO-SWIM MINI-FUN SESSION

March 6 – March 27 (WED: 4 weeks; SAT: 3 weeks)

\*\*\* WEDNESDAY CLASSES MEET 4X FOR 30 MINUTES \*\*\*

\*\*\* SATURDAY CLASSES MEET 3X FOR 40 MINUTES \*\*\*

**REGISTRATION STARTS 2/20/24 AT 7:30am**

	CLASS OFFERING:	DESCRIPTION:	WHEN/WHERE OFFERED:
P R E - S C H O O L  A G E	PARENT & CHILD WATER EXPLORATION (minimum age 6mo)	Instructor-guided water exploration for parents and their child. Each child must have an adult in the water with them.	WED 4:45-5:15pm – 3/6, 3/13, 3/20, 3/27 SAT 8:30-9:10am – 3/9, 3/16, 3/23  Class will be held in the instructional pool
	WATER SAFETY FOR THE PRESCHOOL CHILD (ages 3-5) Pre1 – Pre2 – Pre3	This is a <u>DRY</u> class focusing on WATER SAFETY which follows the American Red Cross W.H.A.L.E's Tales curriculum (Water Habits Are Learned Early)	WED 6:05-6:35pm – 3/6, 3/13, 3/20, 3/27 SAT 10:10-10:50am -- 3/9, 3/16, 3/23  Class will be held in the multi-purpose room and on the pool deck.
	BASIC SKILLS FOR SWIMMING (ages 3-5) Pre1 – Pre2 – Pre 3	This is a <u>WET</u> class which will focus on the fundamentals of learning to swim: Breathing, Bubbles & Bobs; Entry/Exits; Floats & Recoveries, Gliding & Rolling Over; Kicks: Alternating & Simultaneous Legs; Pulls: Alternating and Simultaneous Arms	WED 5:20-5:50pm – 3/6, 3/13, 3/20, 3/27 SAT 9:20-10:00am -- 3/9, 3/16, 3/23  Class will be held in the instructional pool.
P1 P2 P3	WATER ACTIVITIES & GAMES FOR THE PRESCHOOL CHILD (ages 3-5) Pre 1 – Pre 2 – Pre 3	Children learn and refine aquatic skills through play in this instructor-guided program offering. Fun and safety will be stressed. Games and activities will vary from day to day.	WED 6:50-7:20pm – 3/6, 3/13, 3/20, 3/27 SAT 11:00- 11:40am -- 3/9, 3/16, 3/23 Class will be held in various places in the aquatic area including the zero-depth entry section of the activity pool and in the instructional pool.
S W I M  L E V E L S  L1 L2 L3	WATER SAFETY FOR THE YOUNG CHILD (ages 5+) L1 – L2 – L3	This is a <u>DRY</u> class focusing on WATER SAFETY which follows the American Red Cross W.H.A.L.E's Tales curriculum (Water Habits Are Learned Early)	WED 6:05-6:35pm – 3/6, 3/13, 3/20, 3/27 SAT 10:10-10:50am -- 3/9, 3/16, 3/23 Class will be held in the multi-purpose room and on the pool deck.
	BASIC SKILLS FOR SWIMMING (ages 5+) L 1 – L2 – L3	This is a <u>WET</u> class which will focus on the fundamentals of learning to swim: Breathing, Bubbles & Bobs; Entry/Exits; Rhythmic Breathing; Treading Water; Floats & Recoveries, Gliding & Rolling Over; Kicks – Alternating & Simultaneous Legs; Pulls – Alternating and Simultaneous Arms	WED 6:50-7:20pm – 3/6, 3/13, 3/20, 3/27 SAT 11:00-11:40am -- 3/9, 3/16, 3/23  Class will be held in the instructional pool.
	WATER ACTIVITIES & GAMES FOR THE SCHOOL AGE CHILD (ages 5+) L1 – L2 – L3	Children learn and refine aquatic skills through play in this instructor-guided program offering. Fun and safety will be stressed. Games and activities will vary from day to day.	WED 5:20-5:50pm – 3/6, 3/13, 3/20, 3/27 SAT 9:20-10:00am -- 3/9, 3/16, 3/23  Class will be held in various places in the aquatic area including the zero-depth entry section of the activity pool and in the instructional pool.

L3 L4 L5 L6	<b>INTRODUCTION TO SYNCHRONIZED / ARTISTIC SWIMMING FOR LEVEL 3 AND UP</b> Boys and Girls	Safely learn the basic skills of balance, buoyancy, streamline, sculling, and breath control in this artistic style of swimming. Basic acrobatic movements will be taught and coordinated with music.	WED 6:05-6:35pm – 3/6, 3/13, 3/20, 3/27 SAT 10:10-10:50am -- 3/9, 3/16, 3/23  Class will be held at the deep end of the instructional pool.
S W I M  L E V E L S	<b>STROKE CLINIC FOR LEVEL 4 AND UP</b>	Each class will cover a specific swimming stroke or skill. Freestyle and flip turn, Backstroke, Breaststroke and Butterfly	WED 6:50-7:20pm -- 3/6, 3/13, 3/20, 3/27  Class will be held in the main activity pool.
	<b>WATER WORK-OUT TRAINING FOR LEVEL 4 AND UP</b>	Increase strength, endurance and flexibility through various forms of water exercise: swimming laps, interval training, resistance training, water jogging, treading and more. We will be using floatation belts, dumb bells, hand paddles and other pieces of equipment in this workout exercise class.	WED 5:20-5:50pm -- 3/6, 3/13, 3/20, 3/27 SAT 9:20-10:00am -- 3/9, 3/16, 3/23  Class will be held in the main activity pool.
	<b>INTRODUCTION TO WATER POLO</b> Level 4 and up Boys and Girls	The CLEVELAND WATER POLO CLUB will be conducting a multi-day clinic to introduce swimmers to the fun sport of water polo. Increase aquatic strength and stamina by learning and playing water polo!	SAT 11:00am-12:00 noon -- 3/9, 3/16, 3/23 Instruction & training will be held in the main activity swimming pool. Participants must be able to swim and be comfortable in deep water.
T E E N S	<b>WATER POLO FOR HIGH SCHOOL STUDENTS</b> Boys and Girls	The CLEVELAND WATER POLO CLUB will be introducing the sport of water polo to high school students. Class size is limited. No experience is necessary. Skills covered include treading water, passing, shooting and play strategy.	TUES 6:30-7:30pm – 3/12, 3/19, 3/26  Instruction & training will be held in the main activity swimming pool. Participants must be able to swim in addition to being comfortable in deep water.
A D U L T S	<b>ADULT SWIM LESSONS</b>	Adult Swim Lessons follow the Private Swim Lesson Protocol. 1:1 student/instructor ratio 5 X 30-minute class package Email <a href="mailto:jstark@rrcity.com">jstark@rrcity.com</a> for more information	<b>PRICING</b> Member Rate: \$165.00 Resident Rate: \$192.50 Non-Resident Rate: \$275.00

CLASS PRICING FOR 2024 SPRING-1	
WEDNESDAY CLASSES MEET 4X FOR 30 MINUTES / SATURDAY CLASSES MEET 3X FOR 40 MINUTES	
Member	\$35.50
Resident	\$44.00
Non-Resident	\$66.00

WATER POLO PRICING FOR 2024 SPRING-1 - 3 X 60 MINUTE SESSIONS	
Member	\$53.00
Resident	\$66.00
Non-Resident	\$99.00

NEXT SESSION: 2024 SPRING-2 APRIL 17 – MAY 25  
REGULAR 6-WEEK LEARN-TO-SWIM PROGRAMMING  
Registration starts 4/1/2024 at 7:30am