



2018 Winter Session 1 January 2– February 10

Registration Begins:

Full Swim & Low-Usage Members: Monday, 12/11- \$69 per child, per session

Program Pass holders: Tuesday, 12/12- \$79 per child, per session

| PARENT/INFANT | |
|----------------------------|----------|
| <u>6 - 18 Months</u> | |
| Wed | 10:00 AM |
| Thu | 9:15 AM |
| Sat | 9:00 AM |
| <u>18 Months - 3 Years</u> | |
| Wed | 10:00 AM |
| Thu | 10:00 AM |
| Sat | 10:00 AM |
| Sat | 10:45 AM |

| 3-5 YEARS PRESCHOOL | | | | | | | | |
|----------------------------|----------|--|----------------|----------|--|----------------|----------|--|
| <u>Level 1</u> | | | <u>Level 2</u> | | | <u>Level 3</u> | | |
| Mon* | 10:00 AM | | Mon* | 10:30 AM | | Mon* | 11:00 AM | |
| Tue | 9:15 AM | | Tue | 10:00 AM | | Tue | 10:45 AM | |
| Wed | 9:15 AM | | Wed | 11:30 AM | | Wed | 10:45 AM | |
| Thu | 10:45 AM | | Thu | 11:30 AM | | Thu | 6:30 PM | |
| | | | Thu | 6:00 PM | | Fri | 5:00 PM | |
| | | | Sat | 10:45 AM | | Sat | 10:45 AM | |
| | | | Sat | 11:30 AM | | Sat | 11:30 AM | |

- Classes are for 30 minutes unless otherwise indicated**
- No make-up or substitute classes are available**
- Program Pass is required prior to registering for lessons and is valid for one year. Program Pass registration fees are non-refundable.**
- No refunds will be given after January 8th, 2018, unless otherwise approved by the Aquatics Manager.**

| 5 YEARS & UP | | | | | | | | |
|--------------------------|----------|--|--------------------------|----------|--|--------------------------|----------|--|
| <u>Level 1</u> | | | <u>Level 2</u> | | | <u>Level 3</u> | | |
| Wed | 5:15 PM | | Tues | 4:15 PM | | Mon* | 5:15 PM | |
| Fri | 5:45 PM | | Fri | 4:15 PM | | Tue | 5:00 PM | |
| Sat | 9:00 AM | | Fri | 5:00 PM | | Wed | 6:00 PM | |
| Sat | 10:45 AM | | Sat | 9:00 AM | | Sat | 9:45 AM | |
| Sat | 11:30 AM | | Sat | 9:30 AM | | Sat | 10:45 AM | |
| | | | Sat | 10:45 AM | | | | |
| <u>Level 4 (45 min.)</u> | | | <u>Level 5 (45 min.)</u> | | | <u>Level 6 (45 min.)</u> | | |
| Mon* | 4:15 PM | | Tue | 5:00 PM | | Tue | 5:00 PM | |
| Thu | 4:15 PM | | Wed | 4:15 PM | | Wed | 4:15 PM | |
| Fri | 5:45 PM | | Fri | 5:45 PM | | Fri | 5:45 PM | |
| Sat | 9:00 AM | | Sat | 9:45 AM | | Sat | 9:45 AM | |

* Denotes 6 week session. These sessions are \$59 for Members and \$68 for Program Pass holders. Classes will begin Monday, January 8th and run weekly through February 12th.

Lessons are available to Program Pass, Low Usage and Full Swimming Members only. General public must register for a Program Pass level of membership or higher in order to register for lessons. Lessons are once per week for seven weeks beginning January 2nd, 2018, unless otherwise indicated. You may only attend your registered class time. For adult group and private lessons please contact the Cornerstone Member Service Desk.



PARENT CHILD LESSONS

6-18 Months (PCA 1): This class is for parents with children ages 6 -18 months. This is a water introduction class where comfort in the water and submerging are taught in a low pressure and fun environment. Water experimentation, blowing bubbles, and basic skills are instructed through songs and activities.

18 Months-3 years (PCA 2): This class is for children between the ages of 1 1/2 and 3 years. This class expands on some skills learned in the first course, but adds some more difficult skills such as floating, submersion, and gliding. This course is recommended before PSA 1.

PRE-SCHOOL SWIM LESSONS

Pre-School Aquatics Level 1 (PSA 1): This class teaches children the most elementary aquatic skills. They continue to develop safe practices around the water.

Pre-School Aquatics 2 (PSA 2): This class teaches independent aquatic locomotion skills. Children continue to explore simultaneous and alternating arm and leg actions on the front and back to gain more proficiency for future strokes.

Pre-School Aquatics 3 (PSA 3): This class teaches children to perform their skills independently. They are taught to improve coordination of combined arm and leg actions and alternating arm and leg actions.

LESSONS FOR CHILDREN AGES 5 AND UP

Level 1 (LTS 1): Introduction to Water Skills- Children learn breath control, buoyancy on the front and back, alternating arm and leg action and general water safety rules.

Level 2 (LTS 2): Fundamental Aquatic Skills- Underwater swimming, treading water, swimming in different positions and general water safety are the main focus.

Level 3 (LTS 3): Stroke Development- Head first entries, rotary breathing, changing directions and different kicks are taught.

Level 4 (LTS 4): Stroke Improvement- Diving, surface diving, turns, breaststroke kick, elementary backstroke and scissor kicks are introduced.

Level 5 (LTS 5): Stroke Refinement- Head first surface dives, flip turns and survival swimming are taught. All other skills are refined.

Level 6 (LTS 6): Fitness Swimmer Course- Focuses on endurance as it pertains to using the water as a medium for exercise in addition to the core skills.

Please note these sessions are SEVEN weeks unless otherwise indicated.

There are NO MAKE-UP LESSONS.