



# 2018 Winter Session February 19– April 6

**Registration Begins:**

Full Swim/Platinum/Gold/Low-Usage Members: Wednesday, Feb. 7- \$75 per child, per session

Program Pass holders: Thursday, Feb. 8- \$85 per child, per session

Non-Members: Monday, Feb. 12- \$99 per child, per session

\* Please Note: Non-Members must register in person at Cornerstone

<b>PARENT/INFANT (PI)</b>	
<u>6 - 18 Months</u>	
Wed	10:00 AM
Thu	10:00 AM
<del>Sat*</del>	<del>9:00 AM</del>
<u>18 Months - 3 Years</u>	
Wed	10:00 AM
Thu	10:00 AM
Sat*	10:00 AM
Sat*	10:45 AM

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

<b>ADULT (AD)</b>	
<u>Beginner (45 min.)</u>	
Tue	6:30 PM
Thu	6:30 PM
<u>Intermediate (45 min.)</u>	
Tue	7:15 PM
Thu	7:15 PM
<u>Advanced (45 min.)</u>	
Thu	8:00 PM

<b>LEARN TO SWIM (LTS) AGES 5 YEARS &amp; UP</b>								
<u>Level 1</u>			<u>Level 2</u>			<u>Level 3</u>		
Tues	6:00PM		<del>Tues</del>	<del>4:15 PM</del>		Mon	5:15 PM	
Fri	5:45 PM		Thurs	5:00 PM		Tue	5:15 PM	
Sat*	9:00 AM		Fri	4:15 PM		Wed	6:00 PM	
Sat*	9:45 AM		Fri	5:00 PM		<del>Sat*</del>	<del>9:45 AM</del>	
<del>Sat*</del>	<del>10:45 AM</del>		<del>Sat*</del>	<del>9:00 AM</del>		<del>Sat*</del>	<del>10:45 AM</del>	
Sat*	11:30 AM		Sat*	9:30 AM		<del>Sat*</del>	<del>11:30 AM</del>	
			<del>Sat*</del>	<del>10:45 AM</del>		Sat*	12:00 PM	
<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	
<del>Fri</del>	<del>5:45 PM</del>		<del>Fri</del>	<del>5:45 PM</del>		<del>Fri</del>	<del>5:45 PM</del>	
Sat*	9:00 AM		<del>Sat*</del>	<del>9:45 AM</del>		<del>Sat*</del>	<del>9:45 AM</del>	

\* Session ends Saturday, April 14th. No lessons on Saturday, March 3rd.

- 1) Classes are once per week for seven weeks and are for 30 minutes unless otherwise indicated
- 2) No make-up or substitute classes are available
- 3) No refunds will be given after February 24, 2018, unless otherwise approved by the Aquatics Manager
- 4) To qualify for the Member or Program Pass rate, your membership must be valid through the entire swim session
- 5) You may only attend your registered class time
- 6) Family members/guests of registered member must pay applicable fees to utilize the facility



## **CORNERSTONE AQUATICS CENTER**

# **American Red Cross Group Swim Lessons**

### **PARENT/INFANT LESSONS**

6-18 Months (PI 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 (PI 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 (PS 1): This class teaches children the most elementary aquatic skills. They continue to develop safe practices around the water.

Pre-School Aquatics 2 (PS 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 (PS 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 back-stroke 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.

### **ADULT LESSONS– AGES 16 AND UP**

Beginner (AD 1): Learn basic swimming strokes and skills needed to stay safe, and help keep others safe in and around the water.

Intermediate (AD 2): Participants will gain proficiency in basic aquatic skills and the six basic swimming strokes

Advanced (AD 3): Participants will learn to refine their front crawl, back crawl, breaststroke and turns to build endurance.

Please note these sessions are SEVEN weeks unless otherwise indicated.

There are NO MAKE-UP LESSONS.