



# 2019 Spring Session 1

## Learn to Swim

Members	Non-members
Monday April 8th at 1:00 PM	Wednesday April 10th at 1:00 PM
\$75	\$99

**Please register online at <https://cornerstone.recdesk.com>**

*\* Online Registration closes on Sunday April 21st at 8:00 PM \**

*If you have not taken lesson at Cornerstone within the past 2 months, a swim test is STRONGLY ENCOURAGED for proper class placement. Swim tests will be conducted by appointment only. Please call the us at 860-561-8270 to schedule a time.*

### LEARN TO SWIM (LTS) AGES 5 YEARS AND UP

#### Level 1 (45 Min.)

Program Code	Dates	Weekly/Daily	Time
WLTS19M1	4/22-5/27	Mondays (Casey)	5:00 PM
WLTS19W1	4/24-5/29	Wednesday (Megan)	4:30 PM
WLTS19F3	4/26-5/31	Fridays (Aeron)	4:15 PM
WLTS19F2	4/26-5/31	Fridays (Megan)	6:00 PM
WLTS19S10	4/27-6/1	Saturdays (Aeron)	10:00 AM
WLTS19S3	4/27-6/1	Saturdays (Megan)	10:45 AM
WLTS19S4	4/27-6/1	Saturdays (Megan)	11:30 AM

#### Level 2 (45 Min.)

Program Code	Dates	Weekly/Daily	Time
WLTS19W2	4/24-5/29	Wednesdays (Megan)	5:30 PM
WLTS19W5	4/24-5/29	Wednesdays (Casey)	6:30 PM
WLTS19TH1	4/25-5/29	Thursday (Bryan)	5:00 PM
WLTS19F5	4/26-5/31	Fridays (Casey)	5:00 PM
WLTS19S1	4/27-6/1	Saturdays (Megan)	9:00 AM

#### Level 3 (45 Min.)

Program Code	Dates	Weekly/Daily	Time
WLTS19M1	4/22-5/27	Mondays (Casey)	5:45 PM
WLTS19W3	4/24-5/29	Wednesdays (Casey)	5:00 PM
WLTS19F6	4/26-5/31	Fridays (Casey)	5:45 PM
WLTS19F1	4/26-5/31	Fridays (Megan)	6:45 PM
WLTS19S5	4/27-6/1	Saturdays (Bryan)	9:00 AM
WLTS19S2	4/27-6/1	Saturdays (Megan)	9:45 AM

#### Level 4 (45 min.)

Program Code	Dates	Weekly/Daily	Time
WLTS19M3	4/22-5/27	Mondays (Casey)	6:30 PM
WLTS19T2	4/23-5/28	Tuesday (Casey)	5:00 PM
WLTS19W4	4/24-5/29	Wednesdays (Casey)	5:45 PM
WLTS19TH2	4/25-5/30	Thursdays (Bryan)	5:45 PM
WLTS19S6	4/27-6/1	Saturdays (Bryan)	10:45 AM
WLTS19S7	4/27-6/1	Saturdays (Bryan)	11:30 AM

#### Level 5 (45 min.)

Program Code	Dates	Weekly/Daily	Time
WLTS19T2	4/23-5/28	Tuesdays (Casey)	5:45 PM
WLTS19T5	4/23-5/28	Tuesdays (Casey)	6:30 PM
WLTS19TH2	4/25-5/30	Thursdays (Bryan)	6:30 PM
WLTS19F3	4/26-5/31	Fridays (Casey)	6:30 PM
WLTS19S8	4/27-6/1	Saturdays (Bryan)	9:45 AM

#### Level 6 (45 min.)

Program Code	Dates	Weekly/Daily	Time
WLTS19T7	4/23-5/28	Tuesdays (Casey)	5:45 PM
WLTS19T8	4/23-5/28	Tuesdays (Casey)	6:30 PM
WLTS19TH3	4/25-5/30	Thursdays (Bryan)	6:30 PM
WLTS19F8	4/26-5/31	Fridays (Casey)	6:30 PM
WLTS19S9	4/27-6/1	Saturdays (Bryan)	9:45 AM

- 1) All lesson participants must have a completed lesson registration form on file, regardless of membership type. Forms are completed online during the check-out process.
- 2) No make-up or substitute classes are available.
- 3) Any changes to registration, including transfers, cancellations, credits and refunds, must approved by the Aquatics Manager.



# 2019 Spring Session 1

## Parent/Infant, Pre-School & Adult

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### PARENT/INFANT (PI) (30 MIN.)

#### 6 - 18 Months

Program Code	Dates	Day	Time
WPI19TH1	4/23-5/28	Tuesdays (Peggy)	10:00 AM
WPI19W1	4/24-5/29	Wednesdays (Peggy)	10:00 AM
WPI19F1	4/26-5/31	Fridays (Peggy)	9:15 AM
WPI19S1	4/27-6/1	Saturdays (Katie)	9:00 AM

#### 18 Months - 3 Years

Program Code	Dates	Day	Time
WPI19TH2	4/23-5/28	Tuesdays (Peggy)	10:00 AM
WPI19W2	4/24-5/29	Wednesdays (Peggy)	10:00 AM
WPI19F2	4/26-5/31	Fridays (Peggy)	9:15 AM
WPI19S2	4/27-6/1	Saturdays (Katie)	10:00 AM
WPI19S3	4/27-6/1	Saturdays (Katie)	10:45 AM

### ADULT (AD) (45 MIN.) NO CLASSES ON 4/30 & 5/2

#### Beginner (45 min.)

Program Code	Dates	Day	Time
WAD19T1	4/23-5/28	Tuesdays (Matt)	6:30 PM
WAD19TH1	4/25-5/23	Thursdays (Matt)	6:30 PM

#### Intermediate (45 min.)

Program Code	Dates	Day	Time
WA119T2	4/23-5/28	Tuesdays (Matt)	7:15 PM
WA119TH2	4/25-5/23	Thursdays (Matt)	7:15 PM

#### Advanced (45 min.)

Program Code	Dates	Day	Time
WAA19T3	4/23-5/28	Tuesdays (Matt)	8:00 PM
WAA19TH3	4/25-5/23	Thursdays (Matt)	8:00 PM

### PRESCHOOL (PS) 3-5 YEARS (30 MIN.)

#### Level 1

Program Code	Dates	Day	Time
WPS19T1	4/23-5/28	Tuesdays (Peggy)	9:15 AM
WPS19T6	4/23-5/28	Tuesdays (Megan)	5:00 PM
WPS19W1	4/24-5/29	Wednesdays (Peggy)	9:15 AM
WPS19TH1	4/25-5/30	Thursdays (Peggy)	2:00 PM
WPS19TH3	4/25-5/30	Thursdays (Aeron)	4:30 AM
WPS19F1	4/26-5/31	Fridays (Peggy)	10:00 AM
WPS19S2	4/27-6/1	Saturdays (Aeron)	9:00 AM

#### Level 2

Program Code	Dates	Day	Time
WPS19T2	4/23-5/28	Tuesdays (Peggy)	10:45 AM
WPS19W2	4/24-5/29	Wednesdays (Peggy)	10:45 AM
WPS19F2	4/26-5/31	Fridays (Peggy)	10:45 AM
WPS19F5	4/26-5/31	Fridays (Aeron)	5:45 PM
WPS19S3	4/27-6/1	Saturdays (Aeron)	9:30 AM
WPS19S4	4/27-6/1	Saturdays (Aeron)	10:45 AM
WPS19S5	4/27-6/1	Saturdays (Aeron)	11:30 AM

#### Level 3

Program Code	Dates	Day	Time
WPS19T3	4/23-5/28	Tuesdays (Peggy)	11:30 AM
WPS19T7	4/23-5/28	Tuesdays (Megan)	5:45 PM
WPS19W3	4/24-5/29	Wednesdays (Peggy)	11:30 AM
WPS19T4	4/25-5/30	Thursdays (Peggy)	1:15 PM
WPS19TH4	4/25-5/30	Thursdays (Aeron)	5:00 PM
WPS19F3	4/26-5/31	Fridays (Peggy)	11:30 AM
WPS19F4	4/26-5/31	Fridays (Aeron)	5:00 PM
WPS19S1	4/27-6/1	Saturdays (Katie)	11:30 AM

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## **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.

There are **NO MAKE-UP LESSONS.**