



**CORNERSTONE
AQUATICS CENTER**

Fall 2 Parent Infant & Preschool Week Day Swim Lessons

55 Buena Vista Road, West Hartford, CT 06107

Tuesday—Friday Parent Infant & Preschool Swim Lessons

Tuesday:

9:15-9:45 AM

Preschool Level 1

10:00-10:30 AM

Parent Child 1 + 2

10:45-11:15 AM

Preschool Level 2

11:30-12 PM

Preschool Level 3

5:05-5:35 PM

Preschool Level 1

5:40-6:10 PM

Preschool Level 3

Wednesday:

9:15-9:45 AM

Preschool Level 1

10:00-10:30 AM

Parent Child 1 + 2

10:45-11:15 AM

Preschool Level 2

11:30-12:00 PM

Preschool Level 3

Friday:

9:15-9:45 AM

Parent Child 1 + 2

10:00-10:30 AM

Preschool Level 1

10:45-11:15 AM

Preschool level 2

11:30-12:00 PM

Preschool Level 3

5:05-5:35 PM

Preschool Level 2

- Classes will run from Tuesday October 29th-Friday December 20th
- All classes are 30 minutes each for seven weeks
- Online registration closes Sunday October 27th at 8 PM

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.



Members:

Registration opens: Wednesday Oct. 9th at 1:00 PM

Fee: \$88

Non-members:

Registration opens: Friday Oct. 11th at 1:00 PM

Fee: \$116

Please register online at

<https://cornerstone.recdesk.com>



**CORNERSTONE
AQUATICS CENTER**

Fall 2 Learn to Swim Week

Day Swim Lessons

55 Buena Vista Road, West Hartford, CT 06107

Monday:

4:15-5:00 PM

Learn to Swim 1

5:05-5:50 PM

Learn to Swim 2

5:55-6:40 PM

Learn to Swim 4

Tuesday:

4:15-5:00 PM

Learn to Swim 2

Wednesday:

4:15-5:00 PM

Learn to Swim 1

5:05-5:50 PM

Learn to Swim 2

5:55-6:40 PM

Learn to Swim 4

Thursday:

4:00-4:45 PM

Learn to Swim 2

4:15-5:00 PM

Learn to Swim 2

5:05-5:50 PM

Learn to Swim 4

5:55-6:40 PM

Learn to Swim 5 & 6

Friday:

4:15-5:00 PM

Learn to Swim 1

Learn to Swim 2

Learn to Swim 2

5:05-5:50 PM

Learn to Swim 2

Learn to Swim 3

5:55-6:40 PM

Learn to Swim 1

Learn to Swim 5& 6

6:45-7:30 PM

Learn to Swim 3

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.

• Classes will run from October 28th—December 21st with the exception of Thursday evenings

• Thursdays will run November 7th– December 19th

No evening classes on Halloween!

• All Learn to Swim classes are 45 minutes once a week for 7 weeks. Thursday evening classes will be once a week for 6 weeks.

• Online registration closes Sunday October 27th at 8 PM



Members:

Registration opens: Wednesday Oct. 9th at 1:00 PM

Fee: \$88

Thursdays: \$75

Non-members:

Registration opens: Friday Oct. 11th at 1:00 PM

Fee: \$116

Thursdays: \$99

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**CORNERSTONE
AQUATICS CENTER**

Saturday Morning Lessons

55 Buena Vista Road, West Hartford, CT 06107

Parent Infant & Preschool Swim Lessons:

9:00-9:30 AM
Parent Child 1
Preschool Level 1
Preschool Level 3

9:35-10:05 AM
Parent Child 2
Preschool Level 1
Preschool Level 2

10:10-10:40 AM
Parent Child 2
Preschool Level 3

10:45-11:15 AM
Parent Child 2
Preschool Level 1

11:00-11:30 AM
Preschool Level 2

11:20-11:50 AM
Preschool Level 1

11:30-12:00 PM
Preschool 3

11:35-12:05 PM
Preschool Level 2

Learn to Swim Lessons:

9:00-9:40 AM
Learn to Swim Level 2
Learn to Swim Level 3

9:50-10:35 AM
Learn to Swim Level 3
Learn to Swim Level 5 & 6

10:10-10:55
Learn to Swim 1

10:40-11:25 AM
Learn to Swim Level 1
Learn to Swim Level 4

11:30-12:15 PM
Learn to Swim Level 1
Learn to Swim Level 4

- Classes will run for Seven weeks from Saturday November 2nd– December 21st
- Parent Infant & Preschool classes are 30 minutes
- Learn to Swim classes are 45 minutes
- Online registration closes Sunday October 27th at 8:00 PM



PARENT/INFANT LESSONS

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Members:

Registration opens: Wednesday Oct. 9th at 1:00 PM
Fee: \$88

Non-members:

Registration opens: Friday Oct. 11th at 1:00 PM
Fee: \$116

Please register online at

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**CORNERSTONE
AQUATICS CENTER**

Adult Swim Lessons Cornerstone Aquatic Center

55 Buena Vista Road, West Hartford, CT 06107

Tuesday night lessons:

6:30-7:15 PM

Adult Beginner

7:15-8:00 PM

Adult Intermediate

8:00-8:45 PM

Adult Advanced

Thursday night lessons:

6:30-7:15 PM

Adult Beginner

7:15-8:00 PM

Adult Intermediate

8:00-8:45 PM

Adult Advanced

- Tuesday classes will be held once a week for five weeks for 45 minutes each
⇒ October 29th—December 3rd
- Thursday Classes will be held once a week for four weeks for 45 minutes each
⇒ November 7th—December 5th



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.

Members:

Registration opens: Wednesday Oct. 9th at 1:00 PM

Fee: **Tuesdays:** \$62.50

Thursdays: \$50

Non-members:

Registration opens: Friday Oct. 11th at 1:00 PM

Fees: **Tuesdays:** \$82.50

Thursdays: \$66.00

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