



**SWIMMING LESSONS  
AND AQUATIC PROGRAMS  
WINTER 2024**

SPORTS CORE

# WINTER 2024 GROUP SWIMMING LESSONS

## SESSION I

### MONDAYS

January 8–February 26

Parent/Child 1	4-4:30pm
Parent/Child 2	4:30-5pm
LTS Level 2	5-5:30pm
LTS Level 3	5:30-6pm
LTS Level 6	6-6:45pm
Precomp. 1	6-6:30pm
Precomp. 2	6-6:45pm

### TUESDAYS

January 9–February 27

Preschool 1	5-5:30pm
Preschool 2	5-5:30pm
Preschool 3	5:30-6pm
Level 1	5:30-6pm
Level 3	6-6:30pm
Level 5	6:30-7:15pm

### WEDNESDAYS

January 10–February 28

Preschool 1	4-4:30pm
Preschool 2	4:30-5pm
Preschool 3	5-5:30pm
Level 1	5:30-6pm
Level 4	6-6:45pm

### THURSDAYS

January 11–February 29

LTS Level 2	5-5:30pm
LTS Level 3	5:30-6pm
LTS Level 4	6-6:45pm

**WINTER SWIM PRESENTATION:**  
March 2 10am-Noon

## GROUP SWIM LESSON PROGRAM RATES

	Parent/ Child	Pre- School	LTS-Levels 1, 2, 3	LTS-Levels 4, 5, 6	Precomp. Levels 1 and 2
Member	\$52	\$52	\$52	\$62	\$62
Guest	\$76	\$76	\$76	\$86	\$86

*Payment in full is required for registration.*

## PARENT AND CHILD AQUATICS

### PARENT AND CHILD AQUATICS LEVEL 1

Level 1 introduces basic skills to parents and children. Parents learn how to safely work with their child in the water, including how to appropriately support and hold their child in the water and how to prepare and encourage their child to participate fully and try the skills.

### PARENT AND CHILD AQUATICS LEVEL 2

Parent and Child Aquatics Level 2 builds on the skills introduced in Level 1. Participants improve on these skills and learn more advanced skills in Level 2.

## PRESCHOOL AQUATICS

### PRESCHOOL AQUATICS LEVEL 1

Level 1 introduces basic aquatic skills, which children continue to build on as they progress through Levels 2 and 3 of Preschool Aquatics and Learn to Swim. In addition, children start developing positive attitudes and safe practices around the water in Preschool Aquatics Level 1.

### PRESCHOOL AQUATICS LEVEL 2

The objectives of Level 2 are to further develop basic aquatic skills. Children begin to perform these skills at a slightly more advanced level (for example, for longer lengths of time, for longer distances, or in deeper water). Level 2 also builds on the water safety topics introduced in Level 1.

### PRESCHOOL AQUATICS LEVEL 3

The objective of Level 3 is to increase children's proficiency in performing previously learned skills. This is accomplished by providing additional guided practice and increasing repetitions, distances, times, or levels of refinement.

## LEARN TO SWIM (LTS)

### LEARN TO SWIM LEVEL 1—INTRODUCTION TO WATER SKILLS

Level 1 introduces basic aquatic skills, which participants continue to build on as they progress through Learn to Swim. Learn to Swim Level 1 skills overlap with the Preschool Aquatics Levels 1 and 2 skills.

### LEARN TO SWIM LEVEL 2—FUNDAMENTAL AQUATIC SKILLS

The objective of Learn to Swim Level 2 is to give participants success with fundamental skills. This level marks the beginning of true locomotion skills. Participants learn to glide and float without support and recover to a vertical position. Participants further develop simultaneous and alternating arm and leg actions on the front and back, laying the foundation for future strokes.

### LEARN TO SWIM LEVEL 3—STROKE DEVELOPMENT

The objectives of Learn to Swim Level 3 are to expand proficiency of previously learned skills by providing additional guided practice. Participants learn and practice survival floating and learn to swim the front crawl and elementary backstroke at rudimentary proficiency levels.

### LEARN TO SWIM LEVEL 4—STROKE IMPROVEMENT

In Learn to Swim Level 4, participants improve their aquatic skills and increase their endurance by swimming the strokes learned in Level 3 (e.g., front crawl and elementary backstroke) for greater distances and with more advanced proficiency.

### LEARN TO SWIM LEVEL 5—STROKE REFINEMENT

In Level 5, participants refine their performance of all six strokes (i.e., front crawl, back crawl, butterfly, breaststroke, elementary backstroke, and sidestroke) and increase the distances that they swim. Participants also learn to perform flip turns on the front and back.

### LEARN TO SWIM LEVEL 6—SWIMMING AND SKILL PROFICIENCY

The objective of this level is to refine strokes so participants swim with greater efficiency and effectiveness over longer distances. Level 6 will prepare participants for more advanced courses, such as the Water Safety Instructor course or other aquatic activities such as competitive swimming or diving.

### PRECOMPETITION LEVEL 1

Participants refine competitive stroke techniques, stroke efficiency, turns, streamlines, etc., and further develop skills such as swim intervals, going off a pace clock, circle swimming, and use of training equipment. Each class will have a skill/stroke portion and a workout set. Successful completion of Level 5 is required.

### PRECOMPETITION LEVEL 2

Requires completion of Precompetition Level 1 or prior summer swim team experience. Participants will work on stroke technique and adding efficiency and power to each stroke. Includes refining turns, speed, racing strategies, and endurance with an emphasis on a varying swimming workout during class.

The ideal age to begin youth group swimming lessons (without a parent) is age 5. Children ages 3 and 4 can participate in the preschool group lessons if parental assistance is not needed. The level structure is designed for students to advance per year (vs. per session) with continuous instruction. Our levels are not designed with pass/fail outcomes. It is common for students to stay at a particular level for a year or longer. The prerequisite for each level is the successful demonstration of the skills from the preceding level, except for Preschool Level 1, which has no prerequisite.

Each level of our swimming program includes training in basic water safety and helping a swimmer in distress.

**Swim goggles and swim caps are recommended for Levels 3 and up.**

### PRIVATE AND SEMIPRIVATE SWIMMING LESSONS

Private or semiprivate lessons are designed around the child or adult's level and educational needs, scheduled at a time that fits your busy life.

	30 Min		45 Min		60 Min	
	Private	Semiprivate	Private	Semiprivate	Private	Semiprivate
<b>Member</b>	\$20	\$12	\$29.50	\$17.50	\$39	\$23
<b>Nonmember</b>	\$33.25	\$17	\$49.25	\$25	\$65.50	\$33

### INTENSIVE PRIVATE AND SEMIPRIVATE SWIMMING LESSONS

The intensive private/semiprivate swim lesson program is a two-week, eight-lesson package for families wanting individualized swim instruction with a focused curriculum on your child's needs and swimming skills.

	30 Min		45 Min		60 Min	
	Private	Semiprivate	Private	Semiprivate	Private	Semiprivate
<b>Member</b>	\$160	\$96	\$236	\$140	\$312	\$184
<b>Nonmember</b>	\$266	\$136	\$394	\$200	\$524	\$264

### REGISTRATION

**PRIORITY REGISTRATION:** Register November 13–December 3

*\*Priority registration is for those who participated in previous Fall 2023 swimming lessons.*

**OPEN ENROLLMENT:** Begins December 4

**No registrations accepted within 48 hours of scheduled start of each session.**

**MEMBERS:**

Online at [sc.clubautomation.com](http://sc.clubautomation.com) or Sports Core reception desk

**NONMEMBERS:**

Stop by the Sports Core reception desk or call 920-457-4444

**A valid credit card must be on file to confirm your registration.**



## SPECIAL AQUATIC CLASSES

### MONOFIN MERMAID CLASS

**Class dates and times coming soon. Watch for more details.**

Mermaid swim classes teach how to safely swim with a mermaid tail and monofin, as well as how to properly care for a fabric mermaid tail. Classes incorporate fun activities—and we can help you launch to advanced mermaid swim classes for those who wish to learn additional skills. These advanced classes incorporate mermaid skills such as fluke splashes, core rolls, and some synchronized swimming moves. But most of all, our mermaid swim classes provide a safe environment to play and have fun! Whether the swimmer wants to imagine life as a mermaid or reap the benefits of a core-strengthening workout, our swim classes are a great introduction.

**Ages: 6 to 16**

**Prerequisites:** Must be able to swim at the Level 3 skill level

**Member \$65**

**Nonmember \$85**

### APNEA AQUATIC PROGRAM (FREEDIVING)

This course will enable you to feel safe and comfortable when freediving. Our unique breathing techniques taught in the classroom coupled with practical application in the water create a fun and successful freediving experience. Participants in the program learn a life-saving skill and physical activity that supports long-term health. The program combines evidence-based teaching methods with sensory strategies matched to the unique needs of each student. Each session consists of four two-hour lessons and includes use of fins and other equipment.

**Private and Semi-Private swim lesson rates apply.**

### AUTISM SPECTRUM AQUATICS PROGRAM

This aquatic program is designed to address the individual needs of children on the autism spectrum.

The intention is to open the amazing world of aquatics through individualized training and aquatic instruction that provides both physical and cognitive stimulation. The one-on-one instruction provides aquatic play therapy which is designed to incorporate and promote both physical and social skills.

	30 Min	10-Class Package
Member	\$50	\$370
Nonmember	\$62	\$490

### HYDROTHERAPEUTIC EXERCISE PROGRAM

Sports Core offers hydrotherapeutic exercises for individuals living with a variety of movement challenges. Poor balance, low muscle strength, motor coordination issues, and chronic health problems including psoriatic arthritis, osteoarthritis, and back pain are difficult to do on land. Water is a great alternative to land-based exercises.

Hydrotherapeutic exercises are different than aqua aerobics, which can be quite strenuous. Exercises in a hydrotherapeutic class are generally more focused on slow, controlled movements and relaxation.

Our hydrotherapeutic exercise instructors provide 30-minute sessions designed to meet your individual needs. We do offer group sessions for people who have similar conditions such as arthritis and multiple sclerosis; however, for best results we suggest individual sessions, so exercises are personalized.

	30 Min	10-Class Package
Member	\$50	\$370
Nonmember	\$62	\$490

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