



AQUATICS SUMMER 2009

AMERICAN RED CROSS LEARN-TO-SWIM CLASSES 2009

The Freedom Aquatic & Fitness Center follows the guidelines of the American Red Cross Learn-to-Swim program (revised for 2009). We teach you and your children how to swim skillfully and safely. In addition to swimming skills, each level includes training in basic water safety. Students must be able to follow and accept directions and be able to take turns in order to participate in group swim lessons. Please note that some of our classes are offered as combination classes. The instructors will evaluate the students and divide the class accordingly.

Class	Age	Description	Prerequisites	Class Length	Fee
Parent and Child	6 months to 3 years 11 months with parent or caregiver	Builds swimming readiness by emphasizing fun in the water		30 minutes	Weekdays \$54 - 8 lessons Sat and Sun \$38 – 5 lessons
Preschool 1/2	3 years and 6 months to 5 years	Water adjustment and introduction to swimming skills	Able to separate from parent/caregiver	30 minutes	Weekdays \$64 - 8 lessons Saturdays and Sundays \$44 – 5 lessons
Preschool 3	4 to 5 years	Introduction to combined stroke on front and back	Comfortable with submerging underwater; able to swim 3-5 yards on front and back without support	30 minutes	
Levels 1/2 Basic Skills	Kids - 5 to 12 years Adults - 13 and up	Water adjustment and introduction to swimming skills		Kids - 30 minutes Adults - 40 minutes	
Level 3 Stroke Development	Kids - 5 to 12 years Adults - 13 and up	Introduction of the front crawl with rotary breathing, elementary backstroke and various kicks	Able to swim 5 yards on front and back without support	40 minutes	
Level 4 Stroke Improvement	Kids - 5 to 12 years Adults - 13 and up	Improve front crawl, elementary backstroke. Introduces back crawl, sidestroke, breaststroke, butterfly and open turns	Must be able to jump into chest-deep water, swim front crawl for 15 yards with side or front rhythmic breathing and swim elementary backstroke for 15 yards	40 minutes	
Level 5 Stroke Refinement	Age 6 - 17	Provides further coordination and refinement for all strokes. Introduces surface, shallow dives and flip turns	Must be able to swim front crawl for 25 yards, elementary backstroke, back crawl, and breaststroke for 15 yards, and tread water for 1 minute	40 minutes	
Level 6 Skill Proficiency	Age 6 - 17	Refines the strokes so students swim them with ease, efficiency, power and smoothness over great distances. Emphasizes personal water safety and lifeguard readiness skill	Must be able to perform a shallow dive into deep water, swim front crawl for 50 yards, elementary backstroke for 25 yards, breaststroke for 25 yards, backstroke for 50 yards, and tread water for 2 minutes	40 minutes	



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Late Spring and Summer Weekend Class Schedule 2009

Class Days and Dates	<u>M/W</u> (8 lessons) 5/18 -6/15 (no class 5/25)	<u>T/TH</u> (8 lessons) 5/19-6/11	<u>SAT</u> (5 lessons) 5/30 -6/27 8/1 – 8/29	<u>SUN</u> (5 lessons) 5/31- 6/28 8/2- 8/30
Parent/Child	9:30-10 am 5:30-6 pm	9:30-10 am 6:30-7 pm	8:30-9 am 9:10-9:40 am 10:40-11:10 am (Session 5/30-6/27 only)	10:35-11:05 am 11:55 am-12:25 pm
Preschool 1/2	10:10-10:40 am 10:50-11:20 am 12:10-12:40 pm 4:50-5:20 pm 6:10-6:40 pm 6:50-7:20 pm	10:10-10:40 am 10:50-11:20 am 12:10-12:40 pm 4:50-5:20 pm 5:40-6:10 pm 6:20-6:50 pm	8:30-9 am (Session 5/30-6/27 only) 9:20-9:50 am 10-10:30 am 11:30 am-12 pm	9:15-9:45 am 9:55-10:25 am 11:15-11:45 am
Preschool 3	11:30 am-12 pm 5:30-6 pm	11:30 am-12 pm 12:50-1:20 pm 4:50-5:20 pm	10-10:30 am 10:40-11:10 am	10:35-11:05 am
Level 1/2 Intro and Fundamental Skills Kids	12:10-12:40 pm 4:50-5:20 pm 5:30-6 pm 6:10-6:40 pm	4:50-5:20 pm 5:40-6:10 pm 7-7:30 pm	9:20-9:50 am 10-10:30 am 10:40-11:10 am 11:30 am-12 pm	9:15-9:45 am 9:55-10:25 am 10:35-11:05 am 11:15-11:45 am
Level 1/2 Adults		7:20-8 pm	8:30-9:10 am	9:15-9:45 am
Level 3 Development Kids	12:50-1:30 pm 6:05-6:45 pm 6:50-7:30 pm	4:50-5:30 pm 6:30-7:10 pm	10:40-11:20 am 11:30 am-12:10 pm	9:55-10:35 am 11:25 am-12:05 pm
Level 3/4 Adults		7:20-8 pm	8:30-9:10 am	9:15-9:45 am
Level 4 Stroke Improvement	1:40-2:20 pm 6:50-7:30 pm	5:40-6:20 pm	9:20-10 am 11:30 am-12:10 pm	10:40-11:20 am
Level 5/6 Refinement and Proficiency	1:40-2:20 pm 6:50-7:30 pm	5:40-6:20 pm	8:30-9:10 am	11:20 am-12 pm

For schedules and information about aquatics classes beginning April 18 through April 21 - please see the "Aquatics/Learn to Swim" page on our website, www.freedom-center.com to download a Winter class schedule OR consult the Winter issue of the Leisure magazine (available at the Freedom Center)

To Register for Classes visit our website at www.freedom-center.com, stop by the center during operating hours, or call 703.993.8513.

www.freedom-center.com



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Summer Weekday Learn to Swim Class Schedule 2009

For summer weekend classes, see previous schedule

Class Days and Dates *	<u>M-TH AM</u> (8 lessons) 6/22-7/2 7/6-7/16 7/20-7/30 8/3-8/13	<u>M-TH AM</u> (8 lessons) 8/17-8/27	<u>M/W PM</u> (8 lessons) 5/18-6/15 6/17-7/13 7/20-8/12	<u>T/TH PM</u> (8 lessons) 6/16-7/9 7/14-8/6
Parent/Child	8:30-9 am 9:10-9:40 am	9:10-9:40 am	5:15-5:45 pm	6:30-7 pm
Preschool 1/2	8:30-9 am 9:50-10:20 am 10:40-11:10 am 11:20-11:50 am	9:50-10:20 am 10:40-11:10 am 11:30 am-12 pm	5:15-5:45 pm 5:55-6:25 pm 6:30-7 pm	5:15-5:45 pm 5:55-6:25 pm 6:30-7 pm
Preschool 3	9:10-9:40 am 12:10-12:40 am	9:10-9:40 am	6:30-7 pm	5:15-5:45 pm
Level 1/2 Intro and Fundamental Skills Kids	8:30-9 am 9:10-9:40 am 10:10-30 am 10:40-11:10 am 11:30 am-12 pm 12:10-12:40 pm	8:30-9 am 10-10:30 am 10:40-11:10 am 11:30 am-12 pm	5:15-5:45 pm 5:55-6:25 pm 6:30-7 pm	5:15-5:45 pm 5:55-6:25 pm 6:30-7 pm
Level 1/2 Adults			7:10-7:50 pm	
Level 3 Development Kids	8:30-9:10 am 10:30-11:10 am 11:20 am-12 pm 12:10-12:50 pm	8:30-9:10 am 10:30-11:10 am 11:20 am-12 pm	5:15-5:55 pm 6:05-6:45 pm	5:15-5:55 pm 6:05-6:45 pm
Level 3/4 Adults			7:10-7:50 pm	
Level 4 Stroke Improvement	9:20-10 am 11:20 am-12 pm 12:10-12:50 pm	9:20-10 am 12:10-12:50 pm	6-6:40 pm 7:10-7:50 pm	6:05-6:45 pm
Level 5/6 Refinement and Proficiency	10:40-11:20 am	10:40-11:20 am	7:10-7:50 pm	

See the Freedom Camp Section on our web site for information about our Aquatics Camp, Guard Start and Swim Lessons for Full Day Campers!!!

To Register for Classes visit our website at www.freedom-center.com, stop by the center during operating hours, or call 703.993.8513.

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