

# WINTER SWIM LESSONS

get into the swim of things at pac!



**NEW THIS WINTER!**  
**COMPETITIVE SWIM**  
**STROKE TECHNIQUE**  
**WEDNESDAYS 6:30 – 7:30**

Winter 1  
 January 9– February 18  
*Signup deadline: January 4*  
Winter II  
 February 20– March 31  
*Signup deadline: February 18*

Group Swim Lessons are six half-hour sessions.

**THERE IS NO MAKE-UP IF A CHILD MISSES A CLASS.**

A minimum of four children are required for a class to be held.

In the event the club has to close due to extreme weather situations, and classes are canceled, one make-up class will be scheduled per swim session. There will be no make-up in the event of a random act of nature that a second class would be canceled with in the same swim session.

**MONDAY MORNING**

10-10:30am Penguins  
 10:30-11am Sea Turtles  
 11-11:30am Sea Horses

**MONDAY EVENING**

5:30-6pm Pre-Tiny Tots  
 Sea Horses  
 6-6:30pm Sea Horses  
 Sea Turtles  
 6:30-7pm Penguins  
 Level 1  
 7-7:30pm Level 2 (lap pool)  
 Level 3 (lap pool)

**TUESDAY EVENING**

5-5:30 pm Level 1  
 Sea Horses  
 5:30-6 pm Sea Turtles  
 Level 2 (family pool)  
 6-6:30 pm Parent Infant Tot  
 6:30-7 pm Level 3 (lap pool)  
 Level 4 (lap pool)  
 7-7:30 pm Level 5(lap pool)  
 Level 6(lap pool)

**WEDNESDAY AFTERNOON**

12:30-1 pm Sea Horses  
 1-1:30 pm Sea Turtles  
 1:30-2 pm Penguins

**WEDNESDAY EVENING**

6:30- 7:30 Stroke Technique

**THURSDAY AFTERNOON**

4-4:30 pm Level 1 (lap pool)  
 4:30-5 pm Level 2 (lap pool)  
 5-5:30 pm Level 3 (lap pool)  
 5:30-6 pm Level 4 (lap Pool)  
 6-7 pm Exceptional Swimmers

**SATURDAY**

9:15-9:45am Pre-Tiny Tots  
 Sea Horses  
 9:45-10:15am Sea Turtles  
 Level 1  
 10:15-10:45am Parent Infant Tot  
 Penguins  
 10:45-11:15am Level 2(family pool)  
 Level 3 (lap pool)

**Private Lessons**

If you prefer private lessons, we have instructors that do private lessons for both children and adults. The lessons are scheduled between the parent & instructor for your convenience. Private lessons include four 30-minute sessions.

*Cost: Members \$65  
 Non-members \$80*

**Semi-Private Lessons**

Semi-private lessons are also available. Semi-private lessons include four 30-minute sessions.

*Cost: Members \$55  
 Non-members \$70*

**Cancellation Policy on Group Swim Lessons.** You will be given a full refund up to two weeks before the start date of the session. Under two weeks and before the start date, you will receive a half-refund, unless your child can be replaced in the class. If your child's spot can be replaced, you will be given a full refund. No refund will be given once the session has started. There is no pro-rating of class fees for those who join a session in progress.

**REGISTER ONLINE OR AT THE FRONT DESK**

**FEEES:** Members \$42 Non-members \$66

For more info about Swim Lessons contact Anne Baranski at 608-837-4646 x114 or email a.baranski@prairieathletic.com.

**PAC's learn to swim program is all new by the American Red Cross. The ARC has changed and updated the swimming program. See the new class descriptions below.**



### **Parent and Child Aquatics (6 months–about 3 years)**

Parents and children learn together to increase a child's comfort level in the water and build a foundation of basic skills, such as arm and leg movements and breath control. The two levels are fun-filled and help introduce water safety concepts, encouraging a healthy recreational habit that your entire family can enjoy.

**Parent Infant Tot: ARC Parent and Child Aquatics Level 1 (6 months to 2 years) :** This class provides experiences and activities for children to learn how to enter and exit the water in a safe manner, feel comfortable in the water, explore submerging to the mouth, nose and eyes and fully submerging, explore buoyancy on the front and back position, change body position in the water, and learn how to play safely. Plus age-appropriate water safety topics and if appropriate, Experience wearing a U.S. Coast Guard-approved life jacket.

**Pre-Tiny Tots: ARC Parent and Child Aquatics Level 2 (2 to 3 years):** This class builds upon the skills learned in Level 1 and provides experiences and activities for children to understand the expectation for adult supervision, learn more ways to enter and exit the water in a safe manner, explore submerging in a rhythmic pattern, glide on the front and back with assistance, perform combined stroke on front and back with assistance, and change body position in the water. Plus age-appropriate water safety topics and if appropriate, Experience wearing a U.S. Coast Guard-approved life jacket.

### **Preschool Aquatics (about 3–5 years old)**

Throughout the three levels, preschool-age children are taught basic aquatic safety, survival and swimming skills, all the while increasing their comfort level in and around the water. Skills are age-appropriate, helping children achieve success on a regular basis and enjoy social interactions with other children. As in all Swimming and Water Safety courses, your child will always know that it's safety first.

**Sea Horses: ARC Preschool Aquatics Level 1:** This class orients children to the aquatic environment and helps them gain basic aquatic skills. Skills taught include entering and exiting water using ladder, steps or side, blowing bubbles through mouth and nose, submerging mouth, nose and eyes, opening eyes under water and retrieving submerged objects, front and back glides, recovering from a front glide to a vertical position, back float and recover to a vertical position, rolling from front to back and back to front, treading with arm and hand actions, alternating and simultaneous leg actions on front and back, alternating and simultaneous arm actions on front and back, combined arm and leg actions on front and back plus age-appropriate water safety topics

**Sea Turtles: ARC Preschool Aquatics Level 2:** Building on the skills from Level 1, this class helps children gain greater independence in their skills, develop more comfort in and around water, enter water by stepping in, exit water using ladder, steps or side, bobbing, open eyes under water and retrieve submerged objects, front and back floats, front and back glides, recover from a front and back float or glide to a vertical position, roll from front to back and back to front, tread water using arm and leg actions, combined arm and leg actions on front and back, finning arm action on back plus age-appropriate water safety topics

**Penguins: Arc Preschool Aquatics Level 3: This class** helps children start to gain basic swimming propulsive skills to be comfortable in and around water. Swimmers will be taught to enter water by jumping in, fully submerge and hold breath, bobbing, front, jellyfish and tuck floats, recover from a front and back float or glide to a vertical position, back float and glide, change direction of travel while swimming on front or back, tread water using arm and leg actions, combined arm and leg actions on front and back, finning arm action on back plus age-appropriate water safety topics.

### **Learn-to-Swim (children about 6 to 12 years)**

Designed to help participants achieve maximum success, Learn-to-Swim courses are based on a logical, six-level progression that helps swimmers about 6+ years old and adults to develop their water safety, survival and swimming skills.

**Level 1—Introduction to Water Skills:** Helps participants feel comfortable in the water. This class orients children to the aquatic environment and helps them gain basic aquatic skills. Skills taught include entering and exiting water using ladder, steps or side, blowing bubbles through mouth and nose, submerging mouth, nose and eyes, opening eyes under water and retrieving submerged objects, front and back glides, recovering from a front glide to a vertical position, back float and recover to a vertical position, rolling from front to back and back to front, treading with arm and hand actions, alternating and simultaneous leg actions on front and back, alternating and simultaneous arm actions on front and back, combined arm and leg actions on front and back plus age-appropriate water safety topics

**Level 2—Fundamental Aquatic Skills:** Building on the skills from Level 1 this class gives participants success with fundamental skills. This class helps children gain greater independence in their skills, develop more comfort in and around water, enter water by stepping in, exit water using ladder, steps or side, bobbing, open eyes under water and retrieve submerged objects, front and back floats, front and back glides, recover from a front and back float or glide to a vertical position, roll from front to back and back to front, tread water using arm and leg actions, combined arm and leg actions on front and back, finning arm action on back plus age-appropriate water safety topics

**Level 3—Stroke Development:** Building on the skills from Level 2 through additional guided practice in deeper water. Swimmers learn to enter water by jumping from the side, headfirst entries from the side in sitting and kneeling positions, bobbing while moving toward safety, rotary breathing, survival float, back float, change from vertical to horizontal position on front and back, tread water, flutter and dolphin kicks on front, scissors kick, front crawl and elementary backstroke, plus age-appropriate water safety topics.

**Level 4—Stroke Improvement:** Building on the skills from Level 3, swimmers develop confidence in the skills learned and improve other aquatic skills. Swimmers learn headfirst entries from the side in compact and stride positions, swim under water, feet first surface dive, survival swimming, front crawl and backstroke open turns, tread water using 2 different kicks, front and back crawl, elementary backstroke, breaststroke, sidestroke and butterfly, flutter and dolphin kicks on back plus age-appropriate water safety topics

**Level 5—Stroke Refinement:** Building on the skills from Level 4, this class provides further coordination and refinement of strokes, shallow-angle dive from the side then glide and begin a front stroke, tuck and pike surface dives, submerge completely, front flip turn and backstroke flip turn while swimming, front and back crawl, elementary backstroke, breaststroke, sidestroke and butterfly, sculling plus age-appropriate water safety topics

**Level 6—Swimming and Skill Proficiency with Fitness Swimming:** Building on the skills from Level 5, this class refines the strokes so participants swim them with ease, efficiency, power and smoothness over greater distances. Level 6 is designed with fitness swimming as the focus on preparing participants for a lifetime of fitness in the water.