

# Aquatic Department

# Winter



26000 Lorain Road  
North Olmsted, Ohio 44070  
440-734-8200  
www.north-olmsted.com

Winter Session 1 Learn to Swim

Winter Session 2 Learn to Swim

Start Date: January 6, 2017

End Date: February 11, 2017

Start Date: February 17, 2017

End Date: March 25, 2017

## Pricing

Resident: \$42.00

Non-Resident: \$53.00

## Registration

Winter 1 Registration will begin December 12th

Winter 2 Registration will begin February 1st

To register online please visit

<https://reconlinereg.north-olmsted.com>

You must already have a household account to register online

Registration can also be completed at the front desk

## Description

Our program is designed to provide a safe learning environment for children ages 6 months-12 years old. We provide a variety of levels for all ages and skills. Our parent and preschool & parent and toddler classes allow you and your child to participate in class together. The preschool classes are for young children who would like to take a class without the parent. The level classes are progressive and designed to eventually teach your child how to swim all four competitive swimming strokes. We put an emphasis on doing skills correctly, so that your child can not only survive on their own in water, but also excel.

## Rules

Swim participants and their parents must adhere to the rules of the Aquatic Center and the following rules specific to Learn to Swim Parents, in order to assist us in offering a quality program for your child, we ask that you do not remain at water's edge during the class unless specifically requested by an instructor

The program fee covers only the lesson and no other use of the facility. Persons wishing to swim following their lesson must purchase a day pass or provide evidence of a valid individual/family membership

## Don't Close a Great Program

Great classes get cancelled because of late registration. If enrollment is not at our established minimum prior to the first day of class, we will cancel or combine the class. Please register early for all programs.

## VOLUNTEERS

Interested in volunteering in Aquatics? We have several opportunities available as well as options in other program areas of the North Olmsted Parks and Recreation Department. Please contact the Aquatic Supervisor for more details.

## Friday

Preschool

11:30 – 12:00 PM

Preschool

12:00– 12:30 PM

Preschool

12:30 – 1:00 PM

## Saturday

Parent & Toddler

12:00 -12:30 PM

Parent & Preschool

11:30 -12:00 PM

Preschool

9:00 – 9:30 AM

9:30 – 10:00 AM

10:00—10:30 AM

10:30 – 11:00 AM

11:00 – 11:30 AM

Level 1

9:00 – 9:45 AM

9:45 – 10:30 AM

10:30 – 11:15 AM

Level 2

9:00 – 9:45 AM

9:45 – 10:30 AM

10:30 – 11:15 AM

Level 3

9:00 – 9:45 AM

9:45 – 10:30 AM

10:30 – 11:15 AM

Level 4

9:00 – 9:45 AM

9:45 – 10:30 AM

10:30 – 11:15 AM

Level 5

11:15 – 12:00 PM

Level 6

11:15 – 12:00 PM

### Parent & Toddler

A program designed for children 6 months - 3 years of age. Infants will be provided with a positive introduction to water in this class. Focus will be on both having fun in the water and educating parents on how to work with their child in a pool environment. An adult must accompany each child and assist the child in the pool under the guidance of our instructors. All children that are not toilet-trained must wear a tight-fitting, plastic swim diaper. Class ratio is 1:12.

### Parent & Preschool

A program designed for children 3 - 5 years of age. Parent/guardian accompanies child in the water and receives feedback and guidance from an instructor. Class emphasis is on fun and safety. Children develop water entry, bubble blowing, front kicking, back floating, underwater exploration and more. Class ratio is 1:12.

### Preschool

A program designed for children 3 - 5 years of age. Comfort with an instructor without a parent in the room is essential. These classes cover submerging, floating, kick and swimming techniques, exhaling under water, and other basic swimming skills. Students will be paired with others of similar skill level on the first day. Class ratio is 1:4.

### Level 1

A program designed for children 6-12 years of age. Class is designed for the swimmer who needs help feeling comfortable in the water. Class time is spent on submerging, floating, kicking, opening eyes and exhaling under water, along with arm and hand movements. Class ratio is 1:6.

### Level 2

A program designed for children 6-12 years of age. Class is designed to give the student success with fundamental skills. Students learn to do front and back glides while floating, swim on their front and back, and the elementary backstroke kick. Class will be held in large pool and students should feel comfortable in deeper water. Class ratio is 1:6.

### Level 3

A program designed for children 6-12 years of age. Concentration is on building confidence and the development and refinement of the front crawl and back crawl using rotary breathing. Students will also learn elementary backstroke, breaststroke kick, and sitting and kneeling dives. Class will be held in large pool and students should feel comfortable in deeper water. Class ratio is 1:6.

### Level 4

A program designed for children 6-12 years of age. Students must be comfortable in deep water and be able to swim the length of the large pool demonstrating front crawl with side breathing. Emphasis is placed on the refinement and endurance of skills learned in previous levels. Students will learn the breaststroke arms, refinement of elementary backstroke and dolphin kick. Students should be prepared to swim several lengths of the pool at each class meeting. Class ratio is 1:6.

### Level 5

Concentration is placed on the coordination, refinement and endurance of previously learned strokes. Students in this class must be able to swim at least two continuous lengths of the pool and be prepared to swim several lengths of the pool each class meeting. This class will cover all competitive style strokes such as front crawl, backstroke, breaststroke, and including Butterfly arms. Class ratio is 1:6.

### Level 6

Primary objective is the refinement of all strokes so students swim with ease, efficiency, power, and smoothness over greater distances. Personal water safety, lifeguard readiness, fundamentals of diving and fitness swimmers are other areas covered. Student may swim up to 20 lengths of the pool in one class meeting. Upon successful completion of this course, it is recommended that the participant sign up for the in the North Olmsted Summer Swim Team.

## American Red Cross CPR/AED Course

Trains individuals with a duty to act - EMS personnel, firefighters, athletic trainers, lifeguards and medical professionals - to respond to breathing and cardiac emergencies in adults, children and infants until more advanced medical personnel takes over. Topics include performing a primary assessment, giving ventilations (includes BVM), choking (conscious and unconscious), CPR (one- and two-rescuer) and AED. (5.5 hours)

January 28, 2017 8:30am – 2:30 PM

Resident: \$65.00

Non-Resident: \$75.00

## American Red Cross Lifeguarding Class

American Red Cross Lifeguard Training classes offer great skills for students ages 15 and older who are seeking employment as lifeguards. Successful completion of this course will qualify participants for employment as a lifeguard. All participants must pass the prerequisite skills test administered during the first class. This test consists of a 300 yard swim (front crawl and breaststroke with proper technique required), retrieval of a ten pound weight from a depth of 7 to 9 feet and two minutes of treading water with no legs .

Saturday February 25, 2017 9:00-5:00 PM

Sunday February 26, 2017 9:00-5:00 PM

Saturday March 4, 2017 9:00-5:00 PM

Sunday March 5, 2017 9:00-5:00 PM

Resident: \$185.00

Non Resident: \$200.00

## Water Exercise

Low Impact class: T/Th/Fri 9:00-9:45a

Aerobic class: T/Th/Fri 10:00-10:45a

Deep Water Classes will begin in March