

Learn to Swim Summer 2020

Saturdays: July. 18th - August. 29th

Parent & Child	Preschool Beginner	Preschool Advanced	Preschool Super Kids	Level 1	Level 2	Level 3	Pre-Swim Team 1	Pre-Swim Team 2
8:15-8:45a	8:45a-9:15a 10:15a-10:45a	930a-10a 11:45a-12:15p	11a-11:30a 12:30p-1p	9-9:45a 12p-12:45p	10a-10:45a	11a-11:45a	9a-9:45a 11a-11:45a	8a-8:45a 10a-10:45a

Mondays & Wednesdays: July. 15th - August 5th

Preschool Beginner	Preschool Advanced	Preschool Super Kids	Level 1	Level 2	Level 3	Pre-Swim Team 1	Pre-Swim Team 2
5p-5:30p	5:45p-6:15p	6:30p-7p	5p-5:45p	6p-6:45p	7p-7:45p	5:15p-6p	6:15p-7p

Tuesdays & Thursday: July. 16th - August 6th

Parent & Child	Preschool Beginner	Preschool Advanced	Level 1	Level 2	Level 3	Pre-Swim Team 2	Pre-Swim Team 3
5p-5:30p	5:45p-6:15p	6:30p-7p	5p-5:45p	6-6:45p	7p-7:45p	5:15p-6p	6:15p-7p

M-Th Speed Sessions : July 20-23, July 27-30, Aug. 3-6, Aug 10-13

Preschool Beginner	Preschool Advanced	Preschool Super Kids	Level 1	Level 2	Level 3	Pre-Swim Team 3	Pre-Swim Team 1
10a-10:30a 12:15p-12:45p	10:45a-11:15a	11:30a-12p	10a-10:45a	11a-11:45a	12p-12:45p	9:45a-10:30a	10:45a-11:30a

7 Week Session

Annual TFC Member	\$38
Monthly TFC Member	\$50
District Resident	\$62
Others	\$74

*Pre-Swim Team is an additional \$10

1 Week M-Th Session

Annual TFC Member	\$21
Monthly TFC Member	\$27
District Resident	\$33
Others	\$39

*Pre-Swim Team is additional \$5

Refund Policy: Must Cancel at least 48 hours before program starts: All refunds will require a 10% administrative fee. Any refund cut back via check instead of P&R account credit will result in an additional 5% finance fee.

No refund or credit available after the 48 hours prior to class beginning unless with a doctors excuse. Refunds with doctors excuse follow the above refund stipulations. There are not makeup classes or pro-rated session fees for classes missed.

***Note: Pre-Swim Team classes are conducted via an independent contractor. Therefore NO refunds are available through the Twinsburg Fitness Center after 48 hours prior to class beginning. Regardless of a doctors excuse.**

The following course descriptions and schedules cover ALL swim lessons offered. Please note that as the levels progress, it is not unusual for a child to repeat a level several times. Remember that each child is unique and is evaluated on their swimming ability, not age. If you are not sure about what level to place your child into; please feel free to ask the Aquatic Manager and staff. Please observe all swimming lessons from the pool balcony.

Parent & Child

This program helps children between 6 months and 3 years of age become comfortable in and around the water. In this program parents will learn different support and holding techniques as well as how to help children learn and practice skills appropriate for their

Preschool Classes: Ages 3-5 years

Preschool Beginner: I cannot put my face in the water, need support to float, and want to become more comfortable in the water.

Preschool Advanced: I can put my face in the water with ease, can doggie paddle, and am ready to learn front and back crawl.

Preschool Super Kids: I passed preschool advanced, can swim front and back crawl 5 yards, and want to learn more strokes. Additionally, I am not afraid of the deep water.

School Age Classes: Ages 6 & up

Level 1- Intro to Water Skills: Children are introduced to submerging mouth, nose and eyes as well as opening eyes and exhaling underwater. Water entry and exit. Front and back floats and glides (with support), use of arm and leg action, pick up submerged object. Treading water will be introduced.

Level 2- Fundamental Aquatic Skills: Submerging entire Head, bobs. Roll over from front to back & vice versa. Advance from floating to front and back glides. Swim on front & back using combined strokes. Step entry, tread water using arms and leg motion. Move in water with life jacket.

Level 3- Stroke Development: Jump into deep water, survival float, rotary breathing, change from horizontal to vertical position on front and back, kneeling dive from pool deck. Demonstrate front crawl, back crawl, elementary backstroke and scissor kick.

7 Week Session (Group Lessons)

Annual TFC Member	\$38
Monthly TFC Member	\$50
District Resident	\$62
Others	\$74

***Pre-Swim Team is an additional \$10**

*Refunds are available 48hrs before first class.
A 10% administration charge will be applied for refunds.

**Online registration at
www.twinsburgrecreation.com**

1 Week M-Th Session

Annual TFC Member	\$21
Monthly TFC Member	\$27
District Resident	\$33
Others	\$39

***Pre-Swim Team is
additional \$5**

Registration Begins:

June 29th at 8am - TFC members & District Residents

July 6th at 8am - Non-Residents

TWINSBURG FITNESS CENTER

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