



# - Winter - Swim Lessons

**Registration: Online and in-person beginning Monday, January 2nd at 8:00 AM.**

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. There will be no refunds or make-ups for missed classes.

## Parent & Child:

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

## Preschool Age:

**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 (6 & Older):

**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.

**Pre-Swim Team 1 - Swim Team Readiness:** Bridges the gap between swim lessons and swim team. (Equivalent to level 4)

**Pre-Swim Team 2 - Breaststroke and Freestyle:** Focuses on the Breaststroke and Freestyle strokes. (Equivalent to level 5)

**Pre-Swim Team 3 - Backstroke and Butterfly:** Focuses on the Backstroke and Butterfly strokes. (Equivalent to level 6)

**TCAT Swim Team:** Swim team is available after all levels and Pre-Swim Team are completed.

## See back for swim lesson rates and schedule!

# Learn to Swim - Winter 2023

## Saturdays: Winter Session (2/18 - 4/1)

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	8:45-9:15a 9:30-10:00a 10:15-10:45a	8:45-9:15a 10:15-10:45a 11:00-11:30a	9:30-10:00a 11:00-11:30a	9:00-9:45a 10:00-10:45a	10:00-10:45a 11:00-11:45a	9:00-9:45a 11:00-11:45a	11:00-11:45a	10:00-10:45a

## Mondays: Winter Session (2/13 - 3/27)

Preschool Beginner	Preschool Advanced	Preschool Super Kids	Level 1	Level 2	Level 3	Pre-Swim Team 1
5:00-5:30p	6:30-7:00p	5:45-6:15p	6:00-6:45p	5:00-5:45p	7:00-7:45p	5:00-5:45p

## Tuesdays: Winter Session (2/14 - 3/28)

Parent & Child	Preschool Beginner	Preschool Advanced	Preschool Super Kids	Level 1	Level 2	Level 3	Pre-Swim Team 3
4:30-5:00p	5:15-5:45p	6:00-6:30p	6:45-7:15p	5:00-5:45p	6:00-6:45p	7:00-7:45p	5:00-5:45p

## LESSON RATES - COVERS ENTIRE SESSION

**Annual TFC members get the best rates!**  
Pre-Swim Team is an additional \$10.

Session Rates:	Annual TFC Member	District Resident	Others
Entire Session	\$45	\$65	\$80

\*Registration Begins January 2nd for Members/Residents AND January 9th Non-Members/Non-Residents\*



Save the date!  
Water Park Pre-Season Rates  
begin on January 2nd!

More information  
coming soon in 2023!

**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.