



MARY SIAH RECREATION CENTER  
459-1082



January – May 2010

**TUESDAY AND THURSDAY**

<u>Session Dates</u>	<u># of classes</u>	<u>Costs</u>	<u>Registration Date</u>
January 5 – 28	8 classes	\$48.00/\$52.00	December 29 8:00am
February 9 – March 4	8 classes	\$48.00/\$52.00	December 29 8:00 am
March 16 – April 8	8 classes	\$48.00/\$52.00	March 9 8:00 am
April 13 – May 6	8 classes	\$48.00/\$52.00	March 9 8:00 am
<b>Parent/Child</b>	<b>10:45-11:15a</b>		
<b>Preschool</b>	<b>10:00-10:30a</b>	<b>10:45-11:15a</b>	<b>3:30-4:00p 4:00-4:30p</b>
<b>Adv. Preschool</b>	<b>10:00-10:30a</b>	<b>3:30-4:00p</b>	
<b>Level 1/2</b>	<b>4:00-4:45p</b>		
<b>Level 3</b>	<b>4:00-4:45p</b>		



**SATURDAY**

<u>Session Dates</u>	<u># of classes</u>	<u>Costs</u>	<u>Registration Date</u>
January 9 - 30	4 classes	\$24.00/\$26.00	January 2 8:00 am
February 13 –March 6	4 classes	\$24.00/\$26.00	January 2 8:00 am
March 20 – April 10	4 classes	\$24.00/\$26.00	March 13 8:00 am
April 17 – May 8	4 classes	\$24.00/\$26.00	March 13 8:00 am
<b>Parent/Child</b>	<b>10:00-10:30a</b>	<b>11:15-11:45a</b>	
<b>Preschool</b>	<b>10:30-11:00a</b>	<b>10:45-11:15a</b>	<b>11:15-11:45a</b>
<b>Adv. Preschool</b>	<b>12:00-12:30p</b>		
<b>Level 1/2</b>	<b>10:00-10:45a</b>		
<b>Level 3</b>	<b>11:45-12:30p</b>		

## **COURSE DESCRIPTION AND LEARNING OBJECTIVES**

**Parent/Child** - Familiarize young children (6month to about 3 years) to the water and prepare them to learn to swim. This course is not designed to teach children to become good swimmers or to survive in the water on their own. A parent or caregiver must accompany each child into the water and participate in each class. Skills introduced are exploring buoyancy on the front and back, front and back glide, combined stroke on front and back, the importance of wearing a lifejacket and experience wearing one.

**Preschool** - Orient preschool children to the aquatic environment and help them acquire rudimentary levels of basic aquatic skills such as entering the water safely, blowing bubbles, submerging face, front and back floating, and simultaneous and alternating arm and leg actions with and without support.

**Adv. Preschool** - Increase proficiency and build on the basic skills learned in Preschool 1 & 2 by providing additional practice with increased distances and times. Skills at this level should be performed with minimal assistance.

**Level 1-** Students will focus on developing good swimming habits and safe practices in and around the water. Skill will include blowing bubbles, submerging face and opening eyes underwater, front and back floats and alternating and simultaneous arm and leg action on the front and back with and without support.

**Level 2-** Students will build on skills from Level 1 including learning how to float without support and recover from a vertical position. Skills will include changing direction while swimming, treading water, how to recognize an emergency and safety in and around the water to include the use of lifejackets. Most skills should be performed without support and with the face in the water.

**Level 3-** Students will continue to build on Level 2 skills and will spend time in deep water while practicing. Skills will include headfirst entries into deep water, survival float, flutter, scissor, dolphin and breaststroke kicks and front crawl and elementary backstroke. All skills should be performed without assistance and students should be very comfortable with their face in the water.

## **Registration Procedure**

1. When the front doors open, please pick up the lesson registration paperwork located at the table in the lobby.
2. Fill out all the paperwork and turn it in, along with your payment, at the front desk. We can accept cash and checks only.
3. All forms and payment must be turned in to secure your child's spot in lessons.
4. You may pick up your receipt on the first day of class.
5. Please refer to Policy for Refunds for Instructional Programs before registering.

## Adult Lessons January - May

Session Dates	# of classes	Costs	Registration Date
January 5 – 14	4 classes	\$26.00	December 29 5:00 pm
January 19-28	4 classes	\$26.00	December 29 5:00 pm
March 16 – 25	4 classes	\$26.00	March 9 5:00 pm
March 30-April 8	4 classes	\$26.00	March 9 5:00 pm
April 13 -22	4 classes	\$26.00	April 6 5:00 pm
April 27 – May 6	4 classes	\$26.00	April 6 5:00 pm

**Adult Lessons Tuesday and Thursday 5:30-6:30p**

## Adult Lessons January - May

Session Dates	# of classes	Costs	Registration Date
January 5 – 14	4 classes	\$26.00	December 29 5:00 pm
January 19-28	4 classes	\$26.00	December 29 5:00 pm
March 16 – 25	4 classes	\$26.00	March 9 5:00 pm
March 30-April 8	4 classes	\$26.00	March 9 5:00 pm
April 13 -22	4 classes	\$26.00	April 6 5:00 pm
April 27 – May 6	4 classes	\$26.00	April 6 5:00 pm

**Adult Lessons Tuesday and Thursday 5:30-6:30p**