

# IN THE POOLS AT THE REC CENTER

## *Infants: 6 –18 Months of Age with Parent*

Focuses on the comfort level of the infant and provides experiences and activities for the parent and infant.

303301-02 Sat, 6/8-8/3 (no class 7/27) 9:15-9:45am  
303301-01 T/TH, 7/9-8/1 5:40-6:10pm  
\$56 Member / \$112 Res

## *Toddler: 19- 36 Months of Age with Parent*

Focuses on the advanced comfort level of the toddler providing games, activities and beginning use of kickboards and noodles.

303302-02 Sat, 6/8-8/3 (no class 7/27) 10:00-10:30am  
303302-01 T/TH, 7/9-8/1 6:20-6:50pm  
\$56 Member / \$112 Res

## *Preschool: 37 - 48 Months of Age with Parent*

Focuses on preparing the preschoolers for group lessons without a parent, providing games and activities along with increased use of kickboards and noodles. This class is also recommended for the first time student with no prior swim experience.

303303-02 Sat, 6/8-8/3 (no class 7/27) 10:45-11:15am  
303303-01 T/TH, 7/9-8/1 7:00-7:30pm  
\$56 Member / \$112 Res

## *Level I (ages 3-6)*

For students just starting out in the Learn to Swim program. Students learn basic aquatic skills including supported floating, bubble blowing and exploring alternating arm and leg action on their front and back.

303304-03 Sat, 6/8-8/3 (no class 7/27) 9:30-10:00am  
303304-04 Sat, 6/8-8/3 (no class 7/27) 10:15-10:45am  
303304-01 T/TH, 7/9-8/1 6:00-6:30pm  
303304-02 T/TH, 7/9-8/1 6:45-7:15pm  
\$56 Member / \$112 Res

## *Level II (ages 3-6)*

Students will build on the skills from Preschool Level I and they will begin to float without support, bob rhythmically, and combine arm and leg action on their front and back for 15 ft. unsupported.

303305-03 Sat, 6/8-8/3 (no class 7/27) 9:30-10:15am  
303305-04 Sat, 6/8-8/3 (no class 7/27) 10:30-11:15am  
303305-02 T/TH, 7/9-8/1 6:00-6:45pm  
303305-01 T/TH, 7/9-8/1 7:00-7:45pm  
\$56 Member / \$112 Res

## *Level 3 (ages 7+)*

Students will learn to coordinate the front and back crawl for 15 yards and they will be introduced to the elements of the butterfly and the fundamentals of treading water.

303309-03 Sat, 6/8-8/3 (no class 7/27) 9:30-10:15am  
303309-04 Sat, 6/8-8/3 (no class 7/27) 10:30-11:15am  
303309-02 T/TH, 7/9-8/1 6:00-6:45pm  
303309-01 T/TH, 7/9-8/1 7:00-7:45pm  
\$56 Member / \$112 Res

## *Level 4 (ages 7+)*

Students will build on the skills learned earlier and begin to increase their stroke endurance by swimming longer distances. Students will continue to work on elements of the butterfly and elementary backstroke. Breaststroke and sidestroke are also introduced.

303310-03 Sat, 6/8-8/3 (no class 7/27) 9:30-10:15am  
303310-04 Sat, 6/8-8/3 (no class 7/27) 10:30-11:15am  
303310-02 T/TH, 7/9-8/1 7:00-7:45pm  
\$56 Member / \$112 Res

## *Level 5 (ages 7+)*

Students in this level refine their performance in all strokes and also work on increasing their swimming distance. Flip turns are also introduced.

303311-02 Sat, 6/8-8/3 (no class 7/27) 9:30-10:15am  
303311-01 T/TH, 7/9-8/1 7:00-7:45pm  
\$56 Member / \$112 Res

## *Level 6 (ages 7+)*

This course is designed for children who are working toward stroke proficiency. Stroke work and endurance are emphasized. Upon completion of program, participants will be ready to join a swim team.

303312-02 Sat, 6/8-8/3 (no class 7/27) 9:30-10:15am  
303312-01 T/TH, 7/9-8/1 7:00-7:45pm  
\$56 Member / \$112 Res

## *Junior Swim Lessons (ages 7-14)*

For children who are interested in learning how to swim and are at the beginner level. We customize our class to your abilities. Min 4, Max 10.

303313-02 Sat, 6/8-8/3 (no class 7/27) 8:30-9:15am  
303313-01 T/TH, 7/9-8/1 8:00-8:45pm  
\$56 Member / \$112 Res

**There are no classes the week of April 22<sup>nd</sup> or Sat. July 27<sup>th</sup>. Members will receive a \$10 discount on 2<sup>nd</sup> swim lesson - at the time of registration.**

**Max 8 students unless indicated**

Information is subject to change. Visit us at <https://www.cityofwestlake.org/Recreation>.

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## *Springboard Diving*

A great class for those interested in learning the basics of springboard diving or those with diving experience who want to learn higher technical dives. Instruction will cover the skills of approach, hurdle and water entry. Progression is based on individual's ability. Students must be able to swim one length of the lap pool unassisted.

Time: 6:00-7:30pm

Ages 12 and older for intermediate divers

203316-01 Mon, 4/1-6/10 (no class 4/22, 5/29)

\$56 Member / \$112 Res

Ages 12 and younger for beginner divers

203316-02 Wed, 4/3-6/5 (no class 4/24)

\$56 Member / \$112 Res

## *Private Swim Lessons*

We offer private swim lessons for those ages 6 and older who are current members. For more information or to schedule an appointment, please call Don Cisar at 440.617.3416. Cost is \$50 per 2, 1/2 hour sessions or \$100 for 4, 1/2 hour sessions.

## *Adult Coached Swim Workouts*

Swim workouts for adults under the direction of a coach. Conditioning, stroke drills, goal setting and more. For adults (who can swim about 500 yards or more in one hour), fitness, competitive swimmers and triathletes. Advisor: Judi Norton Certified USMS Level 2 Coach.

Wednesdays 7:30-8:30pm and Sundays 9:00-10:30am from 3/3 to 5/31. No class on 4/14.

\$3 for Members, \$5 for Non-Members per workout. Pay at front desk each session.

## *Swim Technique Tune Up*

Have a swim coach (with over 30 years' experience) evaluate your swimming technique. Coach will watch your skills and suggest modifications, offer tips, and provide drills to revise and improve your technique in basic swimming skills (such as rotary breathing) or any competitive stroke(s).

Sign up in advance to reserve a 30 minute, 1 on 1 session.

Sundays, 10:30-11:00am from 3/3 to 5/31. Arrive at pool at 10:15 to warm up. No sessions available on 4/14, 4/27 or 5/4.

\$5 members or non-members per session. Call Aquatics, 440.617.3416, to reserve your session.

## *Adult Swim Lessons*

If you have always wanted to learn how to swim this is the class for you! We customize our class to your abilities and work with you no matter what your swim level. Max 10

303315-02 Sat, 6/8-8/3 (no class 7/27) 8:30-9:15am

303315-01 T/TH, 7/9-8/1 8:00-8:45pm

\$56 Member / \$112 Res

## *Special Needs Learn to Swim*

This program is available for those with special needs who require one-on-one instruction. This is not an aquatics therapy program but a recreational learn to swim program. Contact the aquatics department for more information. **Max 2**

303314-02 Sat, 6/8-8/3 (no class 7/27) 8:45-9:15am

303314-01 T/TH, 7/9-8/1 5:15-5:45pm

\$56 Member / \$112 Res

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**Max 8 students unless indicated**

## *FREE Learn-to-Swim Lessons for ADULTS*

Are you one of the 52% of adults that are considered unsafe near a pool? Did you know most of the drownings in the USA every year are adults? And if you never learned to swim and have children, there is an 87% chance that your children will never learn to swim! Let's put a stop to this!

April is Adult Learn-to-Swim Month and the Westlake Rec Center is offering FREE, 30 minute, 1 on 1 swim lessons with a certified learn-to-swim instructor. Give it a try! Lessons for beginners (never been in the water), Intermediate (able to stand in shallow water), or advanced (can swim in deep water but not easily, or want to improve your skills such as learning to breathe while swimming, trying a back float or learning to diving in.)

Sunday, 4/14, from 10 AM to 2 PM. Pre-registration required to reserve your 30 minute session.

Call the Rec Center Pool to reserve your space. 440.617.3416.