

# 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. Min 3/ Max 12

103301-05	Tues, 3/17-5/12 (no class 4/14)	10:15-10:45am
103301-06	Tues, 3/17-5/12 (no class 4/14)	5:40-6:10pm
103301-07	Thurs, 3/19-5/14 (no class 4/16)	5:40-6:10pm
103301-08	Sat, 3/21-5/16 (no class 4/18)	9:15-9:45am
303301-02	Sat, 6/6-8/1 (no class 7/4)	9:15-9:45am
303301-01	T/TH, 7/7-7/30	5:40-6:10pm

\$56 Member / \$84 Res / \$112 Non 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. Min 3/ Max 8

303304-03	Sat, 6/6-8/1 (no class 7/4)	9:30-10:00am
303304-04	Sat, 6/6-8/1 (no class 7/4)	10:15-10:45am
303304-01	T/TH, 7/7-7/30	6:00-6:30pm
303304-02	T/TH, 7/7-7/30	6:45-7:15pm

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## 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. Min 3/ Max 12

103302-05	Tues, 3/17-5/12 (no class 4/14)	6:20-6:50pm
103302-06	Thurs, 3/19-5/14 (no class 4/16)	10:15-10:45am
103302-07	Thurs, 3/19-5/14 (no class 4/16)	6:20-6:50pm
103302-08	Sat, 3/21-5/16 (no class 4/18)	10:00-10:30am
303302-02	Sat, 6/6-8/1 (no class 7/4)	10:00-10:30am
303302-01	T/TH, 7/7-7/30	6:20-6:50pm

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## Level II (ages 3-6)

Students will build on the skills from 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. Min 3/ Max 8

103305-11	Tues, 3/17-5/12 (no class 4/14)	9:30-10:15am
103305-12	Tues, 3/17-5/12 (no class 4/14)	1:00-1:45pm
103305-13	Tues, 3/17-5/12 (no class 4/14)	6:00-6:45pm
103305-14	Tues, 3/17-5/12 (no class 4/14)	7:00-7:45pm
103305-15	Thurs, 3/19-5/14 (no class 4/16)	9:30-10:15am
103305-16	Thurs, 3/19-5/14 (no class 4/16)	1:00-1:45pm
103305-17	Thurs, 3/19-5/14 (no class 4/16)	6:00-6:45pm
103305-18	Thurs, 3/19-5/14 (no class 4/16)	7:00-7:45pm
103305-19	Sat, 3/21-5/16 (no class 4/18)	9:30-10:15am
103305-20	Sat, 3/21-5/16 (no class 4/18)	10:30-11:15am
303305-03	Sat, 6/6-8/1 (no class 7/4)	9:30-10:15am
303305-04	Sat, 6/6-8/1 (no class 7/4)	10:30-11:15am
303305-02	T/TH, 7/7-7/30	6:00-6:45pm
303305-01	T/TH, 7/7-7/30	7:00-7:45pm

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## 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. Min 3/ Max 12

103303-04	Tues, 3/17-5/12 (no class 4/14)	7:00-7:30pm
103303-05	Thurs, 3/19-5/14 (no class 4/16)	7:00-7:30pm
103303-06	Sat, 3/21-5/16 (no class 4/18)	10:45-11:15am
303303-02	Sat, 6/6-8/1 (no class 7/4)	10:45-11:15am
303303-01	T/TH, 7/7-7/30	7:00-7:30pm

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## Level III (ages 3-6)

Students will build on the skills from Level II and will begin to learn to coordinate the front and back crawl for 15 yards. They will work on their endurance to develop strength and coordination. Min 3/ Max 8

103306-11	Tues, 3/17-5/12 (no class 4/14)	9:30-10:15am
103306-12	Tues, 3/17-5/12 (no class 4/14)	1:00-1:45pm
103306-13	Tues, 3/17-5/12 (no class 4/14)	6:00-6:45pm
103306-14	Tues, 3/17-5/12 (no class 4/14)	7:00-7:45pm
103306-15	Thurs, 3/19-5/14 (no class 4/16)	9:30-10:15am
103306-16	Thurs, 3/19-5/14 (no class 4/16)	1:00-1:45pm
103306-17	Thurs, 3/19-5/14 (no class 4/16)	6:00-6:45pm
103306-18	Thurs, 3/19-5/14 (no class 4/16)	7:00-7:45pm
103306-19	Sat, 3/21-5/16 (no class 4/18)	9:30-10:15am
103306-20	Sat, 3/21-5/16 (no class 4/18)	10:30-11:15am
303306-03	Sat, 6/6-8/1 (no class 7/4)	9:30-10:15am
303306-04	Sat, 6/6-8/1 (no class 7/4)	10:30-11:15am
303306-02	T/TH, 7/7-7/30	6:00-6:45pm
303306-01	T/TH, 7/7-7/30	7:00-7:45pm

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## 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. Min 3/ Max 8

103304-12	Tues, 3/17-5/12 (no class 4/14)	9:30-10:00am
103304-13	Tues, 3/17-5/12 (no class 4/14)	1:00-1:30pm
103304-14	Tues, 3/17-5/12 (no class 4/14)	6:00-6:30pm
103304-15	Tues, 3/17-5/12 (no class 4/14)	6:45-7:15pm
103304-16	Thurs, 3/19-5/14 (no class 4/16)	9:30-10:00am
103304-17	Thurs, 3/19-5/14 (no class 4/16)	1:00-1:30pm
103304-18	Thurs, 3/19-5/14 (no class 4/16)	6:00-6:30pm
103304-19	Thurs, 3/19-5/14 (no class 4/16)	6:45-7:15pm
103304-20	Sat, 3/21-5/16 (no class 4/18)	9:30-10:00am
103304-21	Sat, 3/21-5/16 (no class 4/18)	10:15-10:45am
103304-22	Sat, 3/21-5/16 (no class 4/18)	11:00-11:30am

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## 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. Min 3/ Max 8

103309-07	Tues, 3/17-5/12 (no class 4/14)	6:00-6:45pm
103309-08	Tues, 3/17-5/12 (no class 4/14)	7:00-7:45pm
103309-09	Thurs, 3/19-5/14 (no class 4/16)	6:00-6:45pm
103309-10	Thurs, 3/19-5/14 (no class 4/16)	7:00-7:45pm
103309-11	Sat, 3/21-5/16 (no class 4/18)	9:30-10:15am
103309-12	Sat, 3/21-5/16 (no class 4/18)	10:30-11:15am
303309-03	Sat, 6/6-8/1 (no class 7/4)	9:30-10:15am
303309-04	Sat, 6/6-8/1 (no class 7/4)	10:30-11:15am
303309-02	T/TH, 7/7-7/30	6:00-6:45pm
303309-01	T/TH, 7/7-7/30	7:00-7:45pm

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## 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. Min 3/ Max 8

103310-07	Tues, 3/17-5/12 (no class 4/14)	6:00-6:45pm
103310-08	Tues, 3/17-5/12 (no class 4/14)	7:00-7:45pm
103310-09	Thurs, 3/19-5/14 (no class 4/16)	6:00-6:45pm
103310-10	Thurs, 3/19-5/14 (no class 4/16)	7:00-7:45pm
103310-11	Sat, 3/21-5/16 (no class 4/18)	9:30-10:15am
103310-12	Sat, 3/21-5/16 (no class 4/18)	10:30-11:15am
303310-03	Sat, 6/6-8/1 (no class 7/4)	9:30-10:15am
303310-04	Sat, 6/6-8/1 (no class 7/4)	10:30-11:15am
303310-02	T/TH, 7/7-7/30	7:00-7:45pm

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## 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. Min 3/ Max 8

103311-05	Tues, 3/17-5/12 (no class 4/14)	6:00-6:45pm
103311-06	Thurs, 3/19-5/14 (no class 4/16)	7:00-7:45pm
103311-07	Sat, 3/21-5/16 (no class 4/18)	9:30-10:15am
303311-02	Sat, 6/6-8/1 (no class 7/4)	9:30-10:15am
303311-01	T/TH, 7/7-7/30	7:00-7:45pm

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## 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. Min 3/ Max 8

103312-04	Tues, 3/17-5/12 (no class 4/14)	7:00-7:45pm
103312-05	Thurs, 3/19-5/14 (no class 4/16)	6:00-6:45pm
103312-06	Sat, 3/21-5/16 (no class 4/18)	9:30-10:15am
303312-02	Sat, 6/6-8/1 (no class 7/4)	9:30-10:15am
303312-01	T/TH, 7/7-7/30	7:00-7:45pm

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## 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 3/ Max 8

103313-03	Thurs, 3/19-5/14 (no class 4/16)	8:00-8:45pm
103313-04	Sat, 3/21-5/16 (no class 4/18)	8:30-9:15am
303313-02	Sat, 6/6-8/1 (no class 7/4)	8:30-9:15am
303313-01	T/TH, 7/7-7/30	8:00-8:45pm

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## Private Swim Lessons (ages 6+)

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 Onat Tungac at 440.617.4420. Cost is \$50 per 2, 1/2 hour sessions or \$100 for 4, 1/2 hour sessions.

## Registration Dates For the Rec Center:

**Spring**  
**Member- Open now**  
**Westlake Resident- Open Now**  
**Non Resident- Open Now**

**Summer**  
**Member: March 25**  
**Westlake Resident: March 25**  
**Non-Resident: May 15**

There are no classes the week of April 12<sup>th</sup> or Sat. July 4<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

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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. Betsy Karban, instructor

Time: 6:15-7:30pm

303316-01 Mon, 3/16-5/18

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## 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 or competitive swimmers, and triathletes. Advisor: Judi Norton, Certified USMS Level 2 Coach.

Time: Sundays 9:00-10:30 am until May 31. Some dates may be canceled due to holidays or swim meets.

\$3 Member / \$5 Non Member per day

## 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 until May 31. Arrive at pool at 10:15 to warm up. \$5 members or non-members per session. Call Aquatics, 440.617.4420 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. Min 3 / Max 8

103315-04	Tues, 3/17-5/12 (no class 4/14)	8:00-8:45pm
103315-05	Thurs, 3/19-5/14 (no class 4/16)	8:00-8:45pm
103315-06	Sat, 3/21-5/16 (no class 4/18)	8:30-9:15am
303315-02	Sat, 6/6-8/1 (no class 7/4)	8:30-9:15am
303315-01	T/TH, 7/7-7/30	8:00-8:45pm

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## 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

103314-04	Tues, 3/17-5/12 (no class 4/14)	5:15-5:45pm
103314-05	Thurs, 3/19-5/14 (no class 4/16)	5:15-5:45pm
103314-06	Sat, 3/21-5/16 (no class 4/18)	8:45-9:15am
303314-02	Sat, 6/6-8/1 (no class 7/4)	8:45-9:15am
303314-01	T/TH, 7/7-7/30	5:15-5:45pm

\$56 Member / \$84 Res

There are no classes the week of April 12<sup>th</sup> or Sat. July 4<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

## FREE Learn-to-Swim Lessons for ADULTS

Are you one of the 52% of adults that are considered unsafe near a pool? Let's put a stop to this!

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!

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.)

Saturday, April 18, from 12 PM to 2 PM. Pre-registration required to reserve your 30 minute session.

Call the Rec Center Pool to reserve your space. 440-617-4420.