



LEARN-TO-SWIM PROGRAM



The Learn-To-Swim (LTS) program is designed for children ages 6 to 12 years old. Each child progresses through each level at their own pace, mastering the skills in one level before advancing to the next. It is very common to take a class more than once prior to mastering and moving in to the next. Each level of our LTS program includes training in basic water safety.

LTS LEVEL 1: INTRODUCTION TO WATER SKILLS

Min 4 | Max 6 Per Class

*Mondays: 4:00 PM – 4:45 PM | **Aug 18 – Oct 13****
*Tuesdays: 4:15 PM – 5:00 PM | **Aug 19 – Oct 7***
*Tuesdays: 5:40 PM – 6:25 PM | **Aug 19 – Oct 7***
*Tuesdays: 6:50 PM – 7:35 PM | **Aug 19 – Oct 7***
*Wednesdays: 4:00 PM – 4:45 PM | **Aug 20 – Oct 8***
*Wednesdays: 6:35 PM – 7:05 PM | **Aug 20 – Oct 8***
*Thursdays: 4:50 PM – 5:35 PM | **Aug 21 – Oct 9***
*Saturdays: 8:00 AM – 8:45 AM | **Aug 23 – Oct 11***
*Saturdays: 10:55 AM – 11:40 AM | **Aug 23 – Oct 11***
*Sundays: 10:35 AM – 11:20 AM | **Aug 24 – Oct 12***



Skills: Enter and exit water, blow bubbles through nose and mouth, bobbing, retrieve submerged objects, front and back floats and glides, alternating and simultaneous arm and leg actions on front and back, combined arm and leg action on front and back.

\$40 per session of 8 classes (Members) \$50 (Nonmembers) **No class Sept 1st

Min 4 | Max 6 Per Class

LTS LEVEL 2: FUNDAMENTAL AQUATIC SKILLS

*Mondays: 5:00 PM – 5:45 PM | **Aug 18 – Oct 13****
*Tuesdays: 6:30 PM – 7:15 PM | **Aug 19 – Oct 7***
*Wednesdays: 4:45 PM – 5:30 PM | **Aug 20 – Oct 8***
*Thursdays: 6:30 PM – 7:15 PM | **Aug 21 – Oct 9***
*Saturdays: 9:00 AM – 9:45 AM | **Aug 23 – Oct 11***

Skills: Fully submerge and hold breath; bobbing; retrieve submerged objects; front, jellyfish and tuck floats; front and back floats and glides; roll from back to front and front to back; tread water; combined arm and leg action on front and back; and finning arm action on back. Skills should be performed comfortably with minimal assistance.

**\$40 per session of 8 classes (Members)
\$50 (Nonmembers) ** No class Sept 1st**



LTS LEVEL 3: STROKE DEVELOPMENT

Min 4 | Max 8 Per Class

*Mondays: 4:15 PM - 5:00 PM | **Aug 18 - Oct 13****

*Mondays: 4:40 PM - 6:25 PM | **Aug 18 - Oct 13****

*Tuesdays: 6:30 PM - 7:15 PM | **Aug 19 - Oct 7***

*Thursdays: 5:40 PM - 6:25 PM | **Aug 21 - Oct 9***

*Saturdays: 9:35 AM - 10:20 AM | **Aug 23 - Oct 11***

*Sundays: 11:25 AM - 12:10 AM | **Aug 24 - Oct 12***

Skills/Activities: Jumping into deep water; sitting and kneeling dives; rotary breathing; survival float; change from vertical to horizontal position on front and back; tread water; flutter, dolphin, scissor, and breaststroke kicks; front crawl; and elementary backstroke.

\$40 per session of 8 classes (Members)

\$50 (Nonmembers) **No class Sept 1st



Min 4 | Max 8 Per Class

LTS LEVEL 4: STROKE IMPROVEMENT

*Mondays: 5:45 PM - 6:30 PM | **Aug 18 - Oct 13****

*Tuesdays: 6:00 PM - 6:45 PM | **Aug 19 - Oct 7***

*Thursdays: 6:05 PM - 6:50 PM | **Aug 21 - Oct 9***

*Saturdays: 8:45 AM - 9:30 AM | **Aug 23 - Oct 11***

Improves proficiency of strokes and the ability to swim longer distances. **Skills:** Standing dives; underwater swimming; feet first surface dive; survival swimming; front crawl and backstroke; side stroke; breaststroke and butterfly.

\$40 per session of 8 classes (Members)

\$50 (Nonmembers) ** No class Sept 1st



LTS LEVEL 5/6: STROKE REFINEMENT

Min 4 | Max 8 Per Class

*Tuesdays: 5:45 PM - 6:30 PM | **Aug 19 - Oct 7***

*Saturdays: 10:50 AM - 11:35 AM | **Aug 23 - Oct 11***

Refine swimming skills in all competitive strokes: butterfly, breaststroke, backstroke and front crawl. Diving, turns and strategies for improving techniques and increasing speeds for each stroke as well as rescue skills training will be included.

\$40 per session of 8 classes (Members)

\$50 (Nonmembers)

