

# Swimming Lessons

## Winter Session 3: Jan 4 - Jan 22

Registration Begins	12/28/20
Member Rate	MWF: \$32 (8 Classes) T Th: \$24 (6 Classes)
Non-Member Rate	MWF: \$40 (8 Classes) T Th: \$30 (6 Classes)

## Winter Session 4: Jan 25 - Feb 12

Registration Begins	Current: 1/18/21 New: 1/20/21
Member Rate	MWF: \$32 (8 Classes) T Th: \$24 (6 Classes)
Non-Member Rate	MWF: \$40 (8 Classes) T Th: \$30 (6 Classes)

## Winter Session 5: Feb 15 - Mar 5

Registration Begins	Current: 2/8/21 New: 2/10/21
Member Rate	MWF: \$36 (9 Classes) T Th: \$24 (6 Classes)
Non-Member Rate	MWF: \$45 (9 Classes) T Th: \$30 (6 Classes)

**No Classes Monday, Jan 18th & Friday, Jan 29th**

## CHOOSE FROM CLASS OPTIONS BELOW:

Class	Days	Morning Class	Evening Class 1	Evening Class 2
Jellyfish	Mon/Wed/Fri	9:00 am	6:20 pm	
	Tues/Thurs	10:20 am	5:40 pm	7:00 pm
Starfish	Mon/Wed/Fri	9:40 am	5:40 pm	7:00 pm
	Tues/Thurs	9:00 am	6:20 pm	7:00 pm
Seahorse	Mon/Wed/Fri	11:00 am	6:20 pm	7:00 pm
	Tues/Thurs	9:40 am	5:40 pm	6:20 pm
Blowfish	Mon/Wed/Fri	10:20 am	4:20 pm	5:00 pm
	Tues/Thurs	11:00 am	4:20 pm	5:00 pm
Seal	Mon/Wed/Fri		4:20 pm	5:00 pm
	Tues/Thurs	8:20 am	5:00 pm	
Dolphin	Mon/Wed/Fri	8:20 am	5:40 pm	
	Tues/Thurs		4:20 pm	
Stingray	Mon/Wed/Fri		4:00 pm	

\* All Classes are 1/2 hour, except for Stingray which is 1 hour long



**Family Fitness Center**

5415 West 3100 South | 801-955-4000

[www.wvcfitness.com](http://www.wvcfitness.com)



CLASS	OBJECTIVES
<p><b>Jellyfish</b> (Pre-Level) Exploration</p>	<p>This class is perfect for little fish swimming for the first time with out mom or dad! The emphasis is on having fun, getting comfortable in the water, blowing bubbles, supported front/back floats and playing water games.</p> <p><b>Pre-requisite: none</b></p>
<p><b>Starfish</b> (Level 1) Introduction to Water Skills</p>	<p>This class helps students to feel comfortable in the water and to enjoy the water safely. This class teaches safe water entry/exit, placing whole face in water, blowing bubbles through mouth/nose, floating on front/back with help, arm action on front/back with help. <b>Students must complete the following skills before advancing to Level 2:</b> enter water unassisted, move 5 yards, bob 3 times to chin level and safely exit the water; Front glide 2 body lengths, roll to back, float 3 seconds and recover with support.*</p> <p><b>Pre-requisites: none</b></p>
<p><b>Seahorse</b> (Level 2) Fundamental Aquatic Skills</p>	<p>This class is designed to give students success with fundamental skills. This class teaches water entry by stepping or jumping from the side, exiting the water safely unassisted, submerging entire head and rhythmically breathing, floating/gliding on front/back unsupported, change direction while swimming, roll over from front to back/back to front, combine arm and leg action and swim on front/back unassisted 15 ft. <b>Students must complete the following skills before advancing to Level 3:</b> Step from side into chest-deep water, move into a front float for 5 sec, rollover to a back float, return to standing position, then return to a back float for 5 sec and return to standing position. Combined swim on front for 5 body lengths, roll to back, float 15 sec., roll to front and continue swim for 5 body lengths. (assisted breathing acceptable)*</p> <p><b>Pre-requisites: successful completion of Level 1 exit skills.</b></p>
<p><b>Blow Fish</b> (Level 3) Stroke Development</p>	<p>This class builds on the skills learned in Level 2 by providing additional guided practice. This class teaches water entry by jumping into deep water, bobbing in deep water, submerging and retrieving an object from the bottom of the pool, rotary breathing, front/back glides with 2 different kicks, front/back floats unassisted for 30 sec., change direction in deep water, treading water, front/back crawl for 15 yds., butterfly kick and body motion. <b>Students must complete the following skill before advancing to Level 4:</b> Jump into chest-deep water, swim front crawl for 15 yards with face in the water and rhythmic breathing pattern , maintain position by treading or floating for 30 sec and swim elementary back stroke for 15 yards</p>
<p><b>Seal</b> (Level 4) Stroke Improvement</p>	<p>This class helps to develop confidence in the strokes learned in previous classes and other aquatic skills. This class teaches swimming underwater, basic surface dives, open turns on front/back, butterfly arm stroke/timing, breaststroke arm/leg action and timing, elementary backstroke. <b>Students must complete the following skills before advancing to Level 5:</b> Perform a feet first entry into chest deep water, swim front crawl for 25 yards, turn in deep water and swim elementary backstroke for 25 yards. Swim breaststroke for 15 yards, turn in deep water and swim back crawl for 15 yards</p> <p><b>Pre-requisites: successful completion of Level 3 exit skills.</b></p>
<p><b>Dolphin</b> (Level 5) Stroke Refinement</p>	<p>This class helps with the coordination and refinement of all strokes (front/back crawl, breaststroke, butterfly and elementary backstroke) This class teaches front/back flip turns and tuck and pike surface dives. Upon completion of the following skills, swimmers may advance to the <b>Pre-Competitive swim team:</b> Enter feet first into deep water, swim front crawl for 50 yards, turn in deep water and swim elementary backstroke for 50 yards. Swim breaststroke for 25 yards, turn and swim back crawl for 25 yards Pre-requisites: successful completion of Level 4 exit skills.</p>