



## Active Wellness Center at Reed's Crossing

### Swim Lesson Series

#### LESSON SERIES

##### **BABY SPLASH**

A water adjustment class for parent and child. Basic skills are introduced with games and songs. Swim diapers required.

##### **TODDLER SPLASH**

A water adjustment class for preschool students who have had difficulty transitioning to a class without parent participation. Basic skills from Level 1 are introduced, with parent participation in the water.

##### **PRESCHOOL AGE**

Various levels - descriptions below

##### **SCHOOL AGE**

Various levels - descriptions below

##### **ADULT**

Various levels - descriptions below

#### SWIM LEVELS

##### **Level 1 - STARFISH**

Preschool Age - The Starfish level is designed to orient your child to an aquatic environment and help them gain basic aquatic skills including breath control, floating and kicks.

School Age/Adult - The Basics Level 1 helps participants to feel comfortable and acclimate to the water. Children will gain basic aquatic skills including breath control, floating and kicks.

##### **Level 2 - FLOUNDER**

Preschool Age - The Flounder level is designed to help children gain greater independence and develop more comfort in and around the water. Skills taught include floating, arm/leg actions and submersion.

School Age/Adult - Helps participants gain greater independence and develop more comfort in and around the water.

##### **Level 3 - EEL**

Preschool Age - The Eel level helps children to gain propulsive skills and progress their stroke development. Skills taught include freestyle, backstroke and beginning breaststroke.

School Age/Adult - Builds on the skills in Level 2 (Flounder) through additional guided practice.



## Active Wellness Center at Reed's Crossing

### Swim Lesson Series

#### BABY SPLASH

Babies 6 months - 2 years

**Baby Splash** | A water adjustment class for parent and child. Basic skills are introduced with games and songs. Swim diapers required.

<b>BABY SPLASH</b> <b>Fridays</b> Dates: <b>September 22, 29, October 6, 13, 20, 27</b> Program Type: 6 week series Time: <b>5:30pm</b> Location: Indoor Pool Member Price: \$50 Non-Member Price: \$70 <a href="#">Pay and book in the Active app*</a>	<b>BABY SPLASH</b> <b>Saturdays</b> Dates: <b>September 23, 30, October 7, 14, 21, 28</b> Program Type: 6 week series Time: <b>11am</b> Location: Indoor Pool Member Price: \$50 Non-Member Price: \$70 <a href="#">Pay and book in the Active app*</a>
<b>BABY SPLASH</b> <b>Sundays</b> Dates: <b>September 24, October 1, 8, 15, 22, 29</b> Program Type: 6 week series Time: <b>2pm</b> Location: Indoor Pool Member Price: \$50 Non-Member Price: \$70 <a href="#">Pay and book in the Active app*</a>	<b>BABY SPLASH</b> <b>Saturdays</b> Dates: <b>September 23, 30, October 7, 14, 21, 28</b> Program Type: 6 week series Time: <b>1pm</b> Location: Indoor Pool Member Price: \$50 Non-Member Price: \$70 <a href="#">Pay and book in the Active app*</a>

*\*Payment and booking can also be completed in-person at the Active Service Desk*

Lesson options above cover dates from September 17th - October 31st

Additional lessons coming soon for November and beyond.



# Active Wellness Center at Reed's Crossing

## Swim Lesson Series

### TODDLER SPLASH

Toddlers 2-3 years

**Toddler Starfish** | A water adjustment class for preschool age who have had difficulty transitioning to a class without parent participation. Basic skills from Level 1 are introduced, with parent participation in the water.

<p><b>TODDLER STARFISH</b>  <b>Tuesday and Thursdays</b>            Dates: <b>September 19, 21, 26, 28, October 3, 5</b>            Program Type: 3 week series            Time: <b>12pm</b>            Location: Indoor Pool            Member Price: \$70            Non-Member Price: \$90            Pay and book in the Active app*</p>	<p><b>TODDLER STARFISH</b>  <b>Saturdays</b>            Dates: <b>September 23, 30, October 7, 14, 21, 28</b>            Program Type: 6 week series            Time: <b>9:30am</b>            Location: Indoor Pool            Member Price: \$70            Non-Member Price: \$90            Pay and book in the Active app*</p>
<p><b>TODDLER STARFISH</b>  <b>Tuesday and Thursdays</b>            Dates: <b>October 10, 12, 17, 19, 24, 26</b>            Program Type: 3 week series            Time: <b>12pm</b>            Location: Indoor Pool            Member Price: \$70            Non-Member Price: \$90            Pay and book in the Active app*</p>	<p><b>TODDLER STARFISH</b>  <b>Saturdays</b>            Dates: <b>September 23, 30, October 7, 14, 21, 28</b>            Program Type: 6 week series            Time: <b>5pm</b>            Location: Indoor Pool            Member Price: \$70            Non-Member Price: \$90            Pay and book in the Active app*</p>
<p><b>TODDLER STARFISH</b>  <b>Sundays</b>            Dates: <b>September 24, October 1, 8, 15, 22, 29</b>            Program Type: 6 week series            Time: <b>11:30am</b>            Location: Indoor Pool            Member Price: \$70            Non-Member Price: \$90            Pay and book in the Active app*</p>	

*\*Payment and booking can also be completed in-person at the Active Service Desk*

Lesson options above cover dates from September 17th - October 31st

Additional lessons coming soon for November and beyond.



# Active Wellness Center at Reed's Crossing

## Swim Lesson Series

### PRESCHOOL AGE

Ages 3-5 years

**Preschool Starfish** | The Starfish level is designed to orient your child to an aquatic environment and help them gain basic aquatic skills including breath control, floating and kicks.

<p><b>PRESCHOOL STARFISH</b>  <b>Tuesday and Thursdays</b>            Dates: <b>September 19, 21, 26, 28, October 3, 5</b>            Program Type: 3 week series            Time: <b>2pm</b>            Location: Indoor Pool            Member Price: \$120            Non-Member Price: \$150            Pay and book in the Active app*</p>	<p><b>PRESCHOOL STARFISH</b>  <b>Wednesday and Friday</b>            Dates: <b>September 20, 22, 27, 29, October 4, 6</b>            Program Type: 3 week series            Time: <b>4:30pm</b>            Location: Indoor Pool            Member Price: \$120            Non-Member Price: \$150            Pay and book in the Active app*</p>
<p><b>PRESCHOOL STARFISH</b>  <b>Tuesday and Thursdays</b>            Dates: <b>October 10, 12, 17, 19, 24, 26</b>            Program Type: 3 week series            Time: <b>2pm</b>            Location: Indoor Pool            Member Price: \$120            Non-Member Price: \$150            Pay and book in the Active app*</p>	<p><b>PRESCHOOL STARFISH</b>  <b>Wednesday and Friday</b>            Dates: <b>October 11, 13, 18, 20, 25, 27</b>            Program Type: 3 week series            Time: <b>4:30pm</b>            Location: Indoor Pool            Member Price: \$120            Non-Member Price: \$150            Pay and book in the Active app*</p>
<p><b>PRESCHOOL STARFISH</b>  <b>Sundays</b>            Dates: <b>September 24, October 1, 8, 15, 22, 29</b>            Program Type: 6 week series            Time: <b>12:30pm</b>            Location: Indoor Pool            Member Price: \$120            Non-Member Price: \$150            Pay and book in the Active app*</p>	

\*Payment and booking can also be completed in-person at the Active Service Desk  
 Lesson options above cover dates from September 17th - October 31st  
 Additional lessons coming soon for November and beyond.



## Active Wellness Center at Reed's Crossing

### Swim Lesson Series

## SCHOOL AGE

Ages 5-10 years

**School Age Starfish** | The Basics Level 1 helps participants to feel comfortable and acclimate to the water. Children will gain basic aquatic skills including breath control, floating and kicks.

<p><b>SCHOOL AGE STARFISH</b> <b>Tuesday and Thursdays</b> Dates: <b>September 19, 21, 26, 28, October 3, 5</b> Program Type: 3 week series Time: <b>5pm</b> Location: Indoor Pool Member Price: \$140 Non-Member Price: \$170 Pay and book in the Active app*</p>	<p><b>SCHOOL AGE STARFISH</b> <b>Wednesday and Friday</b> Dates: <b>September 20, 22, 27, 29, October 4, 6</b> Program Type: 3 week series Time: <b>6pm</b> Location: Indoor Pool Member Price: \$140 Non-Member Price: \$170 Pay and book in the Active app*</p>
<p><b>SCHOOL AGE STARFISH</b> <b>Tuesday and Thursdays</b> Dates: <b>October 10, 12, 17, 19, 24, 26</b> Program Type: 3 week series Time: <b>5pm</b> Location: Indoor Pool Member Price: \$140 Non-Member Price: \$170 Pay and book in the Active app*</p>	<p><b>SCHOOL AGE STARFISH</b> <b>Wednesday and Friday</b> Dates: <b>October 11, 13, 18, 20, 25, 27</b> Program Type: 3 week series Time: <b>6pm</b> Location: Indoor Pool Member Price: \$140 Non-Member Price: \$170 Pay and book in the Active app*</p>
<p><b>SCHOOL AGE STARFISH</b> <b>Saturdays</b> Dates: <b>September 23, 30, October 7, 14, 21, 28</b> Program Type: 6 week series Time: <b>12pm</b> Location: Indoor Pool Member Price: \$140 Non-Member Price: \$170 Pay and book in the Active app*</p>	

*\*Payment and booking can also be completed in-person at the Active Service Desk*  
Lesson options above cover dates from September 17th - October 31st  
Additional lessons coming soon for November and beyond.



## Active Wellness Center at Reed's Crossing

### Swim Lesson Series

## ADULT

Ages 18+ years

**Adult Starfish** | The Basics Level 1 helps participants to feel comfortable and acclimate to the water. Participants will gain basic aquatic skills including breath control, floating and kicks.

<b>ADULT STARFISH</b> <b>Wednesday and Friday</b> Dates: <b>September 20, 22, 27, 29, October 4, 6</b> Program Type: 3 week series Time: <b>3:30pm</b> Location: Indoor Pool Member Price: \$180 Non-Member Price: \$230 Pay and book in the Active app*	<b>ADULT STARFISH</b> <b>Fridays</b> Dates: <b>September 22, 29, October 6, 13, 20, 27</b> Program Type: 6 week series Time: <b>7:30pm</b> Location: Indoor Pool Member Price: \$180 Non-Member Price: \$230 Pay and book in the Active app*
<b>ADULT STARFISH</b> <b>Wednesday and Friday</b> Dates: <b>October 11, 13, 18, 20, 25, 27</b> Program Type: 3 week series Time: <b>3:30pm</b> Location: Indoor Pool Member Price: \$180 Non-Member Price: \$230 Pay and book in the Active app*	<b>ADULT STARFISH</b> <b>Saturdays</b> Dates: <b>September 23, 30, October 7, 14, 21, 28</b> Program Type: 6 week series Time: <b>10am</b> Location: Indoor Pool Member Price: \$180 Non-Member Price: \$230 Pay and book in the Active app*
<b>ADULT STARFISH</b> <b>Saturdays</b> Dates: <b>September 23, 30, October 7, 14, 21, 28</b> Program Type: 6 week series Time: <b>11:30am</b> Location: Indoor Pool Member Price: \$180 Non-Member Price: \$230 Pay and book in the Active app*	<b>ADULT STARFISH</b> <b>Saturdays</b> Dates: <b>September 23, 30, October 7, 14, 21, 28</b> Program Type: 6 week series Time: <b>4:30pm</b> Location: Indoor Pool Member Price: \$180 Non-Member Price: \$230 Pay and book in the Active app*

*\*Payment and booking can also be completed in-person at the Active Service Desk*  
Lesson options above cover dates from September 17th - October 31st  
Additional lessons coming soon for November and beyond.



## Active Wellness Center at Reed's Crossing Swim Lesson Series

### ADULT

Ages 18+ years

**Adult Eel** | Builds on the skills in Level 2 (Flounder) through additional guided practice. Must be proficient in freestyle and backstroke to participate.

#### ADULT Eel

##### Fridays

Dates: **September 22, 29, October 6, 13, 20, 27**

Program Type: 6 week series

Time: **6:30pm**

Location: Indoor Pool

Member Price: \$180

Non-Member Price: \$230

Pay and book in the Active app\*

*\*Payment and booking can also be completed in-person at the Active Service Desk*

Lesson options above cover dates from September 17th - October 31st

Additional lessons coming soon for November and beyond.

For any inquiries, please reach out to Noelia Chihuahua at  
[noelia.chihuahua@activewellnesscenter.com](mailto:noelia.chihuahua@activewellnesscenter.com)