



# 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**

MEMBERS: \$50

NON-MEMBERS: \$70

*\* up to 10 spots available per class*

#### 3 Weeks, 2 Classes per Week Options (6 Total Classes)

- ❖ Wednesdays & Fridays: **Jan. 3 - Jan. 19** **6 PM - 6:30 PM**
- ❖ Wednesdays & Fridays: **Jan. 24 - Feb. 9** **6 PM - 6:30 PM**
  
- ❖ Wednesdays & Fridays: **Feb. 14 - Mar. 1** **6 PM - 6:30 PM**
- ❖ Wednesdays & Fridays: **Feb. 14 - Mar. 1** **6 PM - 6:30 PM**

#### 6 Weeks, 1 Class per Week Options (6 Total Classes)

- ❖ Fridays: **Jan. 5 - Feb. 9** **6:30 PM - 7 PM**
- ❖ Saturdays: **Jan. 6 - Feb. 10** **10:30 AM - 11 AM**
- ❖ Saturdays: **Jan. 6 - Feb. 10** **5 PM - 5:30 PM**
- ❖ Sundays: **Jan. 7 - Feb. 11** **10:30 AM - 11 AM**
  
- ❖ Fridays: **Feb. 16 - Mar. 22** **6:30 PM - 7 PM**
- ❖ Saturdays: **Feb. 17 - Mar. 23** **10:30 AM - 11 AM**
- ❖ Saturdays: **Feb. 17 - Mar. 23** **5 PM - 5:30 PM**
- ❖ Sundays: **Feb. 18 - Mar. 24** **10:30 AM - 11 AM**

#### More Details:

- \* Must pay in advance and register for all classes in the series*
- \* Parent's are in the water with the child for each class*
- \* We require a minimum of 3 registered participants for a Baby Splash series to start. Any series that does not meet the minimum # of registered participants within 48 hours of the first class will be cancelled.**
- \* A refund or the option to attend a different series will be available in the event that a series is cancelled.**
- \* Participants can only participate in the series dates and times where registered.*
- \* All classes will be held in the indoor pool*
- \* Available class spaces are limited*
- \* MEMBERS: Pay and register on the Active Wellness App or through the service desk*
- \* NON-MEMBERS: Pay and register at our service desk*



# Active Wellness Center at Reed's Crossing

## Swim Lesson Series

### TODDLER SPLASH

#### Toddlers 2-3 years

MEMBERS: \$70

NON-MEMBERS: \$90

*\* up to 10 spots available per class*

#### 3 Weeks, 2 Classes per Week Options (6 Total Classes)

- ❖ Wednesdays & Fridays: **Jan. 24 - Feb. 9** **5:30 PM - 6 PM**
- ❖ Wednesdays & Fridays: **Feb. 14 - Mar. 1** **5:30 PM - 6 PM**
- ❖ Wednesdays & Fridays: **Mar. 6 - Mar. 22** **5:30 PM - 6 PM**

#### 6 Weeks, 1 Class per Week Options (6 Total Classes)

- ❖ Fridays: **Jan. 5 - Feb. 9** **7 PM - 7:30 PM**
- ❖ Saturdays: **Jan. 6 - Feb. 10** **9:30 AM - 10 AM**
- ❖ Saturdays: **Jan. 6 - Feb. 10** **4:30 PM - 5 PM**
- ❖ Sundays: **Jan. 7 - Feb. 11** **11 AM - 11:30 AM**
  
- ❖ Fridays: **Feb. 16 - Mar. 22** **7 PM - 7:30 PM**
- ❖ Saturdays: **Feb. 17 - Mar. 23** **9:30 AM - 10 AM**
- ❖ Saturdays: **Feb. 17 - Mar. 23** **4:30 PM - 5 PM**
- ❖ Sundays: **Feb. 18 - Mar. 24** **11 AM - 11:30 AM**

#### More Details:

*\* Must pay in advance and register for all classes in the series*

*\* Parent's are in the water with the child for each class*

**\* We require a minimum of 3 registered participants for a Toddler Splash series to start. Any series that does not meet the minimum # of registered participants within 48 hours of the first class will be cancelled.**

**\* A refund or the option to attend a different series will be available in the event that a series is cancelled.**

*\* Participants can only participate in the series dates and times where registered.*

*\* All classes will be held in the indoor pool*

*\* Available class spaces are limited*

*\* MEMBERS: Pay and register on the Active Wellness App or through the service desk*

*\* NON-MEMBERS: Pay and register at our service desk*



# Active Wellness Center at Reed's Crossing

## Swim Lesson Series

### PRESCHOOL AGE

#### 3-5 years

MEMBERS: \$120

NON-MEMBERS: \$150

*\* up to 4 spots available per class*

#### 3 Weeks, 2 Classes per Week Options (6 Total Classes)

❖	Wednesdays & Fridays:	<b>Jan. 3 - Jan. 19</b>	<b>5 PM - 5:30 PM</b>	(Starfish)
❖	Tuesdays & Thursdays:	<b>Jan. 2 - Jan. 18</b>	<b>4 PM - 4:30 PM</b>	(Flounder)
❖	Wednesdays & Fridays:	<b>Jan. 24 - Feb. 9</b>	<b>5 PM - 5:30 PM</b>	(Starfish)
❖	Tuesdays & Thursdays:	<b>Jan. 23 - Feb. 8</b>	<b>4 PM - 4:30 PM</b>	(Flounder)
❖	Wednesdays & Fridays:	<b>Feb. 14 - Mar. 1</b>	<b>5 PM - 5:30 PM</b>	(Starfish)
❖	Tuesdays & Thursdays:	<b>Feb. 13 - Feb. 29</b>	<b>4 PM - 4:30 PM</b>	(Flounder)
❖	Wednesdays & Fridays:	<b>Mar. 6 - Mar. 22</b>	<b>5 PM - 5:30 PM</b>	(Starfish)
❖	Tuesdays & Thursdays:	<b>Mar. 5 - Mar. 20</b>	<b>4 PM - 4:30 PM</b>	(Flounder)

#### 6 Weeks, 1 Class per Week Options (6 Total Classes)

❖	Saturdays:	<b>Jan. 6 - Feb. 10</b>	<b>11 AM - 11:30 AM</b>	(Starfish)
❖	Saturdays:	<b>Jan. 6 - Feb. 10</b>	<b>12:30 AM - 1 PM</b>	(Flounder)
❖	Saturdays:	<b>Jan. 6 - Feb. 10</b>	<b>1:30 PM - 2 PM</b>	(Eel)
❖	Saturdays:	<b>Feb. 17 - Mar. 23</b>	<b>11 AM - 11:30 AM</b>	(Starfish)
❖	Saturdays:	<b>Feb. 17 - Mar. 23</b>	<b>12:30 PM - 1 PM</b>	(Flounder)
❖	Saturdays:	<b>Feb. 17 - Mar. 23</b>	<b>1:30 PM - 2 PM</b>	(Eel)

#### More Details:

*\* Must pay in advance and register for all classes in the series*

**\* We require a minimum of 2 registered participants for a Preschool Age series to start. Any series that does not meet the minimum # of registered participants within 48 hours of the first class will be cancelled.**

**\* A refund or the option to attend a different series will be available in the event that a series is cancelled.**

*\* Participants can only participate in the series dates and times where registered.*

*\* All classes will be held in the indoor pool*

*\* Available class spaces are limited*

*\* MEMBERS: Pay and register on the Active Wellness App or through the service desk*

*\* NON-MEMBERS: Pay and register at our service desk*



# Active Wellness Center at Reed's Crossing

## Swim Lesson Series

### SCHOOL AGE

#### 5-10 years

MEMBERS: \$140

NON-MEMBERS: \$170

*\* up to 4 spots available per class*

#### 3 Weeks, 2 Classes per Week Options (6 Total Classes)

❖	Tuesdays & Thursdays:	<b>Jan. 2 - Jan. 18</b>	<b>4:30 PM - 5 PM</b>	(Starfish)
❖	Tuesdays & Thursdays:	<b>Jan. 2 - Jan. 18</b>	<b>5:30 PM - 6 PM</b>	(Flounder)
❖	Tuesdays & Thursdays:	<b>Jan. 23 - Feb. 8</b>	<b>4:30 PM - 5 PM</b>	(Starfish)
❖	Tuesdays & Thursdays:	<b>Jan. 23 - Feb. 8</b>	<b>5:30 PM - 6 PM</b>	(Flounder)
❖	Tuesdays & Thursdays:	<b>Feb. 13 - Feb. 29</b>	<b>4:30 PM - 5 PM</b>	(Starfish)
❖	Tuesdays & Thursdays:	<b>Feb. 13 - Feb. 29</b>	<b>5:30 PM - 6 PM</b>	(Flounder)
❖	Tuesdays & Thursdays:	<b>Mar. 5 - Mar. 21</b>	<b>4:30 PM - 5 PM</b>	(Starfish)
❖	Tuesdays & Thursdays:	<b>Mar. 5 - Mar. 21</b>	<b>5:30 PM - 6 PM</b>	(Flounder)

#### 6 Weeks, 1 Class per Week Options (6 Total Classes)

❖	Saturdays:	<b>Jan. 6 - Feb. 10</b>	<b>2 PM - 2:30 PM</b>	(Starfish)
❖	Sundays:	<b>Jan. 7 - Feb. 11</b>	<b>11:30 AM - 12 PM</b>	(Starfish)
❖	Saturdays:	<b>Jan. 6 - Feb. 10</b>	<b>12 PM - 12:30 PM</b>	(Flounder)
❖	Sundays:	<b>Jan. 7 - Feb. 11</b>	<b>12:30 PM - 1 PM</b>	(Flounder)
❖	Fridays:	<b>Jan. 5 - Feb. 9</b>	<b>8 PM - 8:30 PM</b>	(Eel)
❖	Saturdays:	<b>Jan. 6 - Feb. 10</b>	<b>1 PM - 1:30 PM</b>	(Eel)
❖	Saturdays:	<b>Feb. 17 - Mar. 23</b>	<b>2 PM - 2:30 PM</b>	(Starfish)
❖	Sundays:	<b>Feb. 18 - Mar. 24</b>	<b>11:30 AM - 12 PM</b>	(Starfish)
❖	Saturdays:	<b>Feb. 17 - Mar. 23</b>	<b>12 PM - 12:30 PM</b>	(Flounder)
❖	Sundays:	<b>Feb. 18 - Mar. 24</b>	<b>12:30 AM - 1 PM</b>	(Flounder)
❖	Fridays:	<b>Feb. 16 - Mar. 22</b>	<b>8 PM - 8:30 PM</b>	(Eel)
❖	Saturdays:	<b>Feb. 17 - Mar. 23</b>	<b>1 PM - 1:30 PM</b>	(Eel)

#### More Details:

*\* Must pay in advance and register for all classes in the series*

**\* We require a minimum of 2 registered participants for a School Age series to start. Any series that does not meet the minimum # of registered participants within 48 hours of the first class will be cancelled.**

**\* A refund or the option to attend a different series will be available in the event that a series is cancelled.**

*\* Participants can only participate in the series dates and times where registered.*

*\* All classes will be held in the indoor pool*

*\* Available class spaces are limited*

*\* MEMBERS: Pay and register on the Active Wellness App or through the service desk*

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# Active Wellness Center at Reed's Crossing

## Swim Lesson Series

### ADULT

**18+ years**

MEMBERS: \$180

NON-MEMBERS: \$230

*\* up to 4 spots available per class*

#### 3 Weeks, 2 Classes per Week Options (6 Total Classes)

❖	Mondays & Wednesdays:	<b>Jan. 8 - Jan. 24</b>	<b>10 AM - 10:30 AM</b>	(Starfish)
❖	Mondays & Wednesdays:	<b>Jan. 8 - Jan. 24</b>	<b>10:30 AM - 11 AM</b>	(Flounder)
❖	Mondays & Wednesdays:	<b>Jan. 29 - Feb. 14</b>	<b>10 AM - 10:30 AM</b>	(Starfish)
❖	Mondays & Wednesdays:	<b>Jan. 29 - Feb. 14</b>	<b>10:30 AM - 11 AM</b>	(Flounder)
❖	Mondays & Wednesdays:	<b>Feb. 19 - Mar. 6</b>	<b>10 AM - 10:30 AM</b>	(Starfish)
❖	Mondays & Wednesdays:	<b>Feb. 19 - Mar. 6</b>	<b>10:30 AM - 11 AM</b>	(Flounder)
❖	Mondays & Wednesdays:	<b>Mar. 11 - Mar. 27</b>	<b>10 AM - 10:30 AM</b>	(Starfish)
❖	Mondays & Wednesdays:	<b>Mar. 11 - Mar. 27</b>	<b>10:30 AM - 11 AM</b>	(Flounder)

#### 6 Weeks, 1 Class per Week Options (6 Total Classes)

❖	Saturdays:	<b>Jan. 6 - Feb. 10</b>	<b>10 AM - 10:30 AM</b>	(Starfish)
❖	Sundays:	<b>Jan. 7 - Feb. 11</b>	<b>10 AM - 10:30 AM</b>	(Starfish)
❖	Saturdays:	<b>Jan. 6 - Feb. 10</b>	<b>11:30 AM - 12 PM</b>	(Flounder)
❖	Sundays:	<b>Jan. 7 - Feb. 11</b>	<b>12 PM - 12:30 PM</b>	(Flounder)
❖	Saturdays:	<b>Jan. 6 - Feb. 10</b>	<b>9 AM - 9:30 AM</b>	(Eel)
❖	Sundays:	<b>Jan. 7 - Feb. 18</b>	<b>9 AM - 9:30 AM</b>	(Eel)
❖	Saturdays:	<b>Feb. 17 - Mar. 23</b>	<b>10 AM - 10:30 AM</b>	(Starfish)
❖	Saturdays:	<b>Feb. 17 - Mar. 23</b>	<b>11:30 AM - 12 PM</b>	(Flounder)
❖	Sundays:	<b>Feb. 18 - Mar. 24</b>	<b>12 PM - 12:30 PM</b>	(Flounder)
❖	Saturdays:	<b>Feb. 17 - Mar. 23</b>	<b>9 AM - 9:30 AM</b>	(Eel)
❖	Sundays:	<b>Feb. 18 - Mar. 24</b>	<b>9 AM - 9:30 AM</b>	(Eel)

#### More Details:

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