



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.



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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: **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: **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**

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*



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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: **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: **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*

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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)

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|---|-----------------------|--------------------------|-----------------------|------------|
| ❖ | Wednesdays & Fridays: | Feb. 14 - Mar. 1 | 5 PM - 5:30 PM | (Starfish) |
| ❖ | Tuesdays & Thursdays: | Feb. 13 - Feb. 29 | 4 PM - 4:30 PM | (Flounder) |
| ❖ | Wednesdays & Fridays: | Mar. 6 - Mar. 22 | 5 PM - 5:30 PM | (Starfish) |
| ❖ | Tuesdays & Thursdays: | Mar. 5 - Mar. 20 | 4 PM - 4:30 PM | (Flounder) |

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

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|---|------------|--------------------------|-------------------------|------------|
| ❖ | Saturdays: | Feb. 17 - Mar. 23 | 11 AM - 11:30 AM | (Starfish) |
| ❖ | Saturdays: | Feb. 17 - Mar. 23 | 12:30 PM - 1 PM | (Flounder) |
| ❖ | Saturdays: | Feb. 17 - Mar. 23 | 1:30 PM - 2 PM | (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*

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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: **Feb. 13 - Feb. 29** **4:30 PM - 5 PM** (Starfish)
- ❖ Tuesdays & Thursdays: **Feb. 13 - Feb. 29** **5:30 PM - 6 PM** (Flounder)

- ❖ Tuesdays & Thursdays: **Mar. 5 - Mar. 21** **4:30 PM - 5 PM** (Starfish)
- ❖ Tuesdays & Thursdays: **Mar. 5 - Mar. 21** **5:30 PM - 6 PM** (Flounder)

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

- ❖ Saturdays: **Feb. 17 - Mar. 23** **2 PM - 2:30 PM** (Starfish)
- ❖ Sundays: **Feb. 18 - Mar. 24** **11:30 AM - 12 PM** (Starfish)
- ❖ Saturdays: **Feb. 17 - Mar. 23** **12 PM - 12:30 PM** (Flounder)
- ❖ Sundays: **Feb. 18 - Mar. 24** **12:30 AM - 1 PM** (Flounder)
- ❖ Fridays: **Feb. 16 - Mar. 22** **8 PM - 8:30 PM** (Eel)
- ❖ Saturdays: **Feb. 17 - Mar. 23** **1 PM - 1:30 PM** (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.**

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



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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:	Feb. 19 - Mar. 6	10 AM - 10:30 AM	(Starfish)
❖	Mondays & Wednesdays:	Feb. 19 - Mar. 6	10:30 AM - 11 AM	(Flounder)
❖	Mondays & Wednesdays:	Mar. 11 - Mar. 27	10 AM - 10:30 AM	(Starfish)
❖	Mondays & Wednesdays:	Mar. 11 - Mar. 27	10:30 AM - 11 AM	(Flounder)

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

❖	Saturdays:	Feb. 17 - Mar. 23	10 AM - 10:30 AM	(Starfish)
❖	Saturdays:	Feb. 17 - Mar. 23	11:30 AM - 12 PM	(Flounder)
❖	Sundays:	Feb. 18 - Mar. 24	12 PM - 12:30 PM	(Flounder)
❖	Saturdays:	Feb. 17 - Mar. 23	9 AM - 9:30 AM	(Eel)
❖	Sundays:	Feb. 18 - Mar. 24	9 AM - 9:30 AM	(Eel)

More Details:

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