



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

TEEN

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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Swim Lesson Series

BABY SPLASH

Babies 6 months - 2 years

MEMBERS: \$50

NON-MEMBERS: \$70

** up to 10 spots available per class*

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

- ❖ Thursday: **June 20 - July 25** **6:30 - 7:00 pm**
- ❖ Thursday: **August 1 - September 5** **6:30 - 7:00 pm**
- ❖ Fridays: **June 21 - July 26** **5:00-5:30 pm**
- ❖ Fridays: **August 2 - September 6** **5:00-5:30 pm**
- ❖ Saturdays: **June 22 - July 27** **10:30 - 11:00 am**
- ❖ Saturdays: **August 3 - September 7** **10:30 - 11:00 am**
- ❖ Sundays: **June 16 - July 28** **11:30 - 12:00 am**
- ❖ Sundays: **August 4 - September 8** **11:30 - 12:00 am**

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

- ❖ Wednesday & Friday: : **June 19 - July 5** **4:00 - 4:30 pm**
- ❖ Wednesday & Friday: : **July 10 - July 26** **4:00 - 4:30 pm**
- ❖ Wednesday & Friday: : **July 31 - August 16** **4:00 - 4:30 pm**
- ❖ Wednesday & Friday: : **August 21 - September 6** **4:00 - 4:30 pm**
- ❖ Wednesday & Friday: : **September 11 - September 27** **4:00 - 4:30 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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Swim Lesson Series

TODDLER SPLASH

Toddlers 2-3 years

MEMBERS: \$70

NON-MEMBERS: \$90

** up to 10 spots available per class*

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

- ❖ Thursday: **June 20 - July 25** **3:00 - 3:30 pm**
- ❖ Thursday: **August 1 - September 5** **3:00 - 3:30 pm**
- ❖ Saturdays: **June 22 - July 27** **9:30 - 10:00 am**
- ❖ Saturdays: **August 3 - September 7** **9:30 - 10:00 am**
- ❖ Sundays: **June 16 - July 28** **9:00 - 9:30 am**
- ❖ Sundays: **August 4 - September 8** **9:00 - 9:30 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*



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Swim Lesson Series

PRESCHOOL AGE

3-5 years

MEMBERS: \$120

NON-MEMBERS: \$150

** up to 4 spots available per class*

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

- ❖ Thursday & Friday : **June 20 - July 11** **4:00 - 4:30 pm** (Starfish)
- ❖ Thursday & Friday : **July 18 - August 2** **4:00 - 4:30 pm** (Starfish)
- ❖ Thursday & Friday : **August 8 - August 23** **4:00 - 4:30 pm** (Starfish)
- ❖ Thursday & Friday : **August 29 - September 13** **4:00 - 4:30 pm** (Starfish)
- ❖ Saturday & Sunday : **June 22 - July 7** **12:30 - 1:00 pm** (Starfish)
- ❖ Saturday & Sunday : **July 13 - July 28** **12:30 - 1:00 pm** (Starfish)
- ❖ Saturday & Sunday : **August 3 - August 18** **12:30 - 1:00 pm** (Starfish)
- ❖ Saturday & Sunday : **August 24 - September 8** **12:30 - 1:00 pm** (Starfish)
- ❖ Saturday & Sunday : **September 14 - September 29** **12:30 - 1:00 pm** (Starfish)

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

5-13 years

MEMBERS: \$140

NON-MEMBERS: \$170

** up to 4 spots available per class*

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

- ❖ Thursday & Friday : **June 20 - July 11** **6:00 - 6:30 pm** (Starfish)
- ❖ Thursday & Friday : **July 18 - August 2** **6:00 - 6:30 pm** (Starfish)
- ❖ Thursday & Friday : **August 8 - August 23** **6:00 - 6:30 pm** (Starfish)
- ❖ Thursday & Friday : **August 29 - September 13** **6:00 - 6:30 pm** (Starfish)

- ❖ Saturday & Sunday : **June 22 - July 7** **1:30 - 2:00 pm** (Starfish)
- ❖ Saturday & Sunday : **July 13 - July 28** **1:30 - 2:00 pm** (Starfish)
- ❖ Saturday & Sunday : **August 3 - August 18** **1:30 - 2:00 pm** (Starfish)
- ❖ Saturday & Sunday : **August 24 - September 8** **1:30 - 2:00 pm** (Starfish)
- ❖ Saturday & Sunday : **September 14 - September 29** **1:30 - 2:00 pm** (Starfish)

- ❖ Wednesday & Friday : : **June 19 - July 5** **7:00 - 7:30 pm** (Starfish)
- ❖ Wednesday & Friday : : **July 10 - July 26** **7:00 - 7:30 pm** (Starfish)
- ❖ Wednesday & Friday : : **July 31 - August 16** **7:00 - 7:30 pm** (Starfish)
- ❖ Wednesday & Friday : : **August 21 - September 6** **7:00 - 7:30 pm** (Starfish)
- ❖ Wednesday & Friday : : **September 11 - September 27** **7:00 - 7:30 pm** (Starfish)

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*

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



Active Wellness Center at Reed's Crossing Swim Lesson Series

SCHOOL AGE

5-13 years

MEMBERS: \$140

NON-MEMBERS: \$170

** up to 4 spots available per class*

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

- ❖ Saturdays: **June 22 - July 27** 1:00 - 1:30 pm (EEL)
- ❖ Saturdays: **August 3 - September 7** 1:00 - 1:30 pm (EEL)
- ❖ Saturdays: **June 22 - July 27** 5:00 - 5:30 pm (FLOUNDER)
- ❖ Saturdays: **August 3 - September 7** 5:00 - 5:30 pm (FLOUNDER)

More Details:

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

*** We require a minimum of 2 registered participants for a 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

ADULT

18+ years

MEMBERS: \$180

NON-MEMBERS: \$230

** up to 4 spots available per class*

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

- Wednesday & Friday: : **June 19 - July 5** **8:00 - 8:30 PM (STARFISH)**
- Wednesday & Friday: : **July 10 - July 26** **8:00 - 8:30 PM (STARFISH)**
- Wednesday & Friday: : **July 31 - August 16** **8:00 - 8:30 PM (STARFISH)**
- Wednesday & Friday: : **August 21 - September 6** **8:00 - 8:30 PM (STARFISH)**
- Wednesday & Friday: : **September 11 - September 27** **8:00 - 8:30 PM (STARFISH)**

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

- ❖ Saturdays: **June 22 - July 27** **12:00 - 12:30 PM (STARFISH)**
- ❖ Saturdays: **August 3 - September 7** **12:00 - 12:30 PM (STARFISH)**
- ❖ Saturdays: **June 22 - July 27** **4:00 - 4:30 PM (FLOUNDER)**
- ❖ Saturdays: **August 3 - September 7** **4:00 - 4:30 PM (FLOUNDER)**

More Details:

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

*** We require a minimum of 2 registered participants for a 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

TEEN

13 - 17 years

MEMBERS: \$180

NON-MEMBERS: \$230

** up to 4 spots available per class*

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

- ❖ Thursday: **June 20 - July 25** **5:00 - 5:30 pm** (STARFISH)
- ❖ Thursday: **August 1 - September 5** **5:00 - 5:30 pm** (STARFISH)

More Details:

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

*** We require a minimum of 2 registered participants for a 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

ACTIVE RECREATIONAL SWIM TEAM

Active Recreational Swim Team

4 - 17 years

MEMBERS: \$150

NON-MEMBERS: \$180

Calling all young swimmers who dream of gliding through the water with speed and confidence! Join our vibrant Active Rec Swim Team and embark on an aquatic adventure filled with fun, friendship, and fantastic memories!

ELIGIBILITY REQUIREMENTS

- **Active Rec Swim Team is open to participants between the ages of 4 and 17 years old.**
- **Participants must be able to swim 25 yards front crawl, 25 yards back crawl. For the safety and enjoyment level of the participant, skill level of all swimmers will be evaluated by coaches.**

2 Practices per Week (18 Total Practices)

- Saturday & Sunday **April 6 - June 6** **1:00 PM - 1:45 PM** (Spring)

3 Practices per Week (18 Total Practices)

- ❖ Monday / Wednesday / Friday **June 3 - July 12** **3:00 PM - 3:45 PM** (Summer)
- ❖ Monday / Wednesday / Friday **July 15 - August 23** **3:00 PM - 3:45 PM** (Summer)

More Details:

* Must pay in advance and register for all Practices

* **We require a minimum of 5 registered participants for a Team to start. Any teams 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 Practice will be available in the event that a Practice is cancelled.**

* Available spots 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