MORNING SESSIONS

SESSION A
June 15 - June 25

SESSION B
June 29 - July 9

SESSION C
July 13 - July 23

SESSION D
July 27 - August 6

SESSION E
August 10 - August 20

EVENING SESSIONS

SESSION F
May 27 - June 12
(no class May 25)

SESSION G
June 15 - July 3

SESSION H
July 6 - July 24

SESSION I
July 27 - August 14

Aquaplex Youth
Summer 2015

PRESCHOOL

PARENT/CHILD

For children 6 months through 3 years for age. The focus of Parent/Child is to develop water safety, increase comfort with the water and to create a positive experience in a friendly group lesson environment. Parents must accompany their children in the pool.

MORNING:
5 days of 30-minute lessons
Members: $30, Non-members: $40
SESSION DAYS TIME
A,B,C,D,E M-F 11:30-12:00pm

EVENING:
6 days of 30-minute lessons
Members: $36, Non-members: $46
SESSION DAYS TIME
F,G,H,I M,W,F 4:45-5:15pm

Children who are not potty trained must wear non-disposable swim diapers. These can be purchased at the front desk for $7 or bring your own. Children are not permitted to participate without appropriate swim attire.

LEARN-TO-SWIM

LEVEL 1

For youth ages 6 to 12 with no prior swimming experience. Children will learn breath control, blowing bubbles, submerging underwater, front and back floats, kicking on front and back and begin coordinated arm and leg actions.

9 days of 40-minute lessons
Members: $35, Non-members: $65

MORNING:
SESSION DAYS TIME
A,B,C,D,E M-F, M-Th 9:00-9:40am
A,B,C,D,E M-F, M-Th 9:50-10:30am
A,B,C,D,E M-F, M-Th 10:40-11:20am

EVENING:
SESSION DAYS TIME
F,G,H,I M,W,F 4:45-5:25pm
F,G,H,I M,W,F 5:30-6:10pm

LEVEL 2

For youth who can float, kick, and swim five feet on their own. Level 2 will continue to develop arm and leg actions on both the front and back, as well as introduce side breathing and elementary backstroke. Children will also be introduced to water greater than 5 feet deep and be introduced to treading water.

9 days of 40-minute lessons
Members: $55, Non-members: $65

MORNING:
SESSION DAYS TIME
A,B,C,D,E M-F, M-Th 9:00-9:40am
A,B,C,D,E M-F, M-Th 9:50-10:30am
A,B,C,D,E M-F, M-Th 10:40-11:20am

EVENING:
SESSION DAYS TIME
F,G,H,I M,W,F 4:45-5:25pm
F,G,H,I M,W,F 5:30-6:10pm
F,G,H,I M,W,F 7:00-7:40pm

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LEVEL 3

For youth who can swim front crawl and elementary back stroke for 12 yards. In Level 3, students will continue to refine front crawl and back stroke and will be introduced to breaststroke and sidestroke kicks. In addition participants begin getting comfortable with basic dives from the side of the pool.

9 days of 40-minute lessons
Members: $35, Non-members: $65

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LEVEL 4

For youth who can swim front crawl and elementary backstroke for 25 yards, have knowledge of breaststroke and sidestroke kicks, and can tread water for 30 seconds. Level 4 will further develop technique and endurance of the front crawl and backstroke. Level 4 students will also refine breaststroke and sidestroke.

Introduction to butterfly kick.

9 days of 40-minute lessons
Members: $35, Non-members: $65

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LEVEL 5

For youth who can swim front crawl, elementary backstroke, breaststroke, and sidestroke for 25 yards. Level 5 will include stroke refinement of all strokes and introduce butterfly arms, competitive turns, and starts.

9 days of 40-minute lessons
Members: $35, Non-members: $65

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AQUATIC SPORTS

**INTRO TO DIVE**

YOUTH: Ages 7-17
This class is for youth participants who have completed Level 3 and/or passed the deep water swim test. Participants will learn basic competitive diving skills including: dive hurdle/approach and tuck, pike, straight positions. The class will go through diving progression from the deck to both the 1 and 3 meter spring boards.

6 days of 50-minute lessons
Members: $45, Non-Members: $55

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**INTRO TO WATER POLO**

YOUTH: Ages 7-17
This class is for youth participants who have completed Level 3 and/or passed the deep water swim test. Participants will learn swimming and water polo skills including: refinement of treading water, ball handling, passing, and shooting skills.

6 days of 50-minute lessons
Members: $45, Non-Members: $55

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**RAYS: INTRO TO COMPETITIVE SWIM**

YOUTH: Ages 7-17
This program is for youth participants who have completed Level 4 or 5 and are interested in learning more about competitive swimming. The Rays program is a monthly swim team practice program that meets three times each week. Participants will work to refine all four strokes, competitive starts and turns, build endurance, improve speed, develop strength, and practice teamwork.

Monthly Sessions
Members: $99, Non-Members: $129

EVENINGS:
Mon, Wed, Fri, 6:30-7:45pm

PRIVATE LESSONS

**ADULT OR YOUTH**

For students of all ages and abilities interested in one on one instruction designed to meet specific needs. Set the time to meet your schedule and the instructor will work to meet your individual swimming goals. Private lessons are scheduled on a first-come-first-serve basis. Please contact the Aztec Aquaplex to register for specific lessons. Students must register for a minimum of four (4) classes.

MEMBERS:
4 classes: $80, any additional classes $20 each

NON-MEMBERS:
4 classes: $100, any additional classes $25 each

MON/WED/THU: 3:00-5:00PM
SAT/SUN: 10AM-12PM

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