

Specialty Aquatic Programs

Junior Lifeguard Program

This program gives area youth, ages 13-17, an opportunity to develop leadership skills, water safety skills, first-aid, CPR, water rescue techniques, and other lifeguard related topics. This valuable experience builds self-confidence, prepares students for future employment as a Professional Lifeguard, and most importantly provides job related skills needed for any profession. This program is NOT designed to become certified in Lifeguarding. At the completion of the course, participants will be certified in American Red Cross CPR/First-Aid. This course will be led by the Pool Manager and Head Lifeguard. Course is limited to 10 participants. Sign-up TODAY! More detailed information about this program can be picked up at the Athens Community Center Front Desk, or contact Kyle Berkley, kberkley@ci.athens.oh.us



Session 1: June 25-June 29

Session 2: July 16-July 20

Times: 8:00am-1:00pm

Cost: \$60.00

SilverSneakers®: Water Aerobics

This drop-in class is free for SilverSneakers® members and available to all seniors at \$5.00 per drop-in fee. No swimming experience is needed. This is a fun way to work out without the wear and tear on your joints. These aerobic exercises are safe and beneficial for those suffering from conditions such as arthritis, osteoporosis, heart problems, back problems, and balance and coordination issues. Consult with a physician before taking this class.

Day: Fridays, 11:00am-11:45am

Dates: June 22—August 17

**Cost: Free for SilverSneakers® members
\$5.00 drop-in fee for all other seniors**

Swim Lesson Coordinator and Pool Manager
Kyle Berkley, kberkley@ci.athens.oh.us



Sessions, Time Slots and Pricing

Sessions

- Session 1: June 18-June 28
- Session 2: July 9-July 19
- Session 3: July 23-August 2
- Session 4: August 6-August 16

Available Time Slots

- 9:30am-10:05am
- 10:15am-10:50am
- 7:15pm-7:50pm

*Meets Monday—Thursday. If class is canceled due to weather, Friday becomes a makeup day. You may only sign up for one session at a time, per person.

Aqua Tots

- Session 1: June 19-July 12
- Session 2: July 17-August 9

11:00am-11:35am

*Meets Tuesdays & Thursdays.

*If class is canceled due to weather, Friday becomes a makeup day.

Adaptive Aquatics

- Session 1: June 19-July 12
- Session 2: July 17-August 9

11:00am-11:45am

*Meets on Tuesdays & Thursdays

*You may sign up for both sessions. No makeup days offered

Pricing

Swim Lessons-\$40.00

Aqua Tots-\$35.00

Adaptive Aquatics-\$35.00

Jr. Lifeguarding-\$60.00

• NO REFUNDS

- You may only sign up for one session at a time, per person, unless otherwise noted from above. We do this in order to accommodate as many participants as possible.
- Class sessions are two weeks long (Monday-Thursday) for 35-minutes, unless otherwise noted from above. Friday is used as a makeup day if class is canceled because of weather, unless otherwise noted from above.

Frequently Asked Questions:

Q. Do classes get canceled because of weather?

Weather is unpredictable and periodically we may need to cancel classes. We will make every effort to contact the parent in a timely manner. Cancelations will be posted on the Athens Community Center Facebook Page.

Q. May I sit by the pool deck during lessons?

No. We ask all parents/ guardians to sit in designated viewing areas.

Q. May I register my child for another session before their current session is over?

No. Parents/ guardians must wait until their child has completed and passed their session of swim lessons before signing up for another.

Athens City Pool



Aquatic Programs Summer 2018

BE CONFIDENT
BE SAFE
HAVE FUN



Program Overview

The Athens City Pool has provided generations of area youth the skills needed to be safe in and around the water. We are proud to offer the American Red Cross Swim Lessons which is designed to encourage a lifetime of safety, fun and fitness. Each level builds skills and endurance with a specific teaching progression to make learning easier.

The first day of lessons begins with the introduction of our instructors. After the introduction, all swimmers will be given a skills test to make sure they are in the correct level so they may experience the best instruction possible. Our swim instructors will communicate with parents about any adjustments that need to be made in the placement of their child's learn-to-swim level.

Students learn at different rates. It is very common for a swimmer to spend the entire summer in the same level or on the mastery of one skill. With repetition, practice and demonstration, swimmers will succeed in each level.

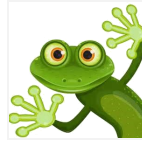
Learn-to-Swim — RULES

Participants and their parents/ guardians must adhere to all rules of the Athens City Pool and the following rules specific to swim lessons.

- In order to provide an environment free of any potential distractions or safety concerns, **parents/ guardians are required to stay in designated viewing areas. This will be strictly enforced.**
- Participates should be dressed and have used the bathroom before lessons begin.
- Participants should shower before entering the pool.

Contact Information

- Any questions or concerns regarding swim lessons should be directed to—
Kyle Berkley, kberkley@ci.athens.oh.us



TEACHING THE COMMUNITY TO SWIM

Each class is 35-minutes long with a maximum enrollment of 8-10 swimmers per level

SKILL LEVEL DESCRIPTIONS



Turtle 1 /Turtle 2: Water Adjustment (Must be 3-5yrs. old)

Turtle 1, will be held in the kiddie pool. **Turtle 2**, classes will be held in zero depth to 3-foot section of the main pool. In both classes, students learn to become comfortable in and round water, as well as under the water. These levels are designed for younger swimmers who need assistance in learning basic elementary water skills with assistance and without. Emphasis of this class includes: water safety and adjustment through songs and games.

Tadpole—Level 1: Introduction to Water (Must be at least 4ft. tall) (Typical ages 4-7)

This level is intended to help students feel more comfortable in the water with assistance from the instructor. Students will learn basic water skills, submerging, breath holding, floating, gliding, alternating and simultaneous leg and arm action, and water safety. Participants must be at least 4ft. tall.

Frog—Level 2: Fundamental Water Skills (Typical ages 5-8)

Participants combine the skills developed in Level 1 to master the fundamental skills necessary for basic swim strokes with less assistance from the instructor. Skills taught include rotary breathing, retrieve submerged objects, exploration to deeper water, finning, treading water, gliding, turning over and swimming on back. **Prerequisite:** Must have passed Level 1.

Minnow—Level 3: Stroke Development (Typical ages 6-12)

Students build and refine skills from Level 2, and introduced to new strokes and techniques. This level introduces new floats, dolphin, flutter, scissor and breaststroke kicks, streamline, and elementary backstroke. Exploration to deep water swimming, and elements/ rules for diving in the 12-foot section will be introduced. **Prerequisite:** Must have passed Level 2.

Seahorse—Level 4: Stroke Improvement (Typical ages 7-14) — ONLY OFFERED DURING SESSION 2 AND 4

Participants improve on swimming skills and increase endurance on strokes learned in previous levels. This includes front and elementary backstroke, breaststroke, butterfly and rotary breathing. Additionally, skills taught include head first entries in the deep ends of the pool, and off the diving board, treading water, feet first surface dive and introduction to flip turns at the wall. This course is only offered during session 2 and 4. **Prerequisite:** Must have passed Level 3.

Porpoise—Level 5: Stroke Refinement (Typical ages 7-14) — ONLY OFFERED DURING SESSION 2 AND 4

This higher-level course focuses on increased endurance, coordination, and refinement of all strokes. Participants will work on refining strokes in order to swim with more ease, efficiency, power and smoothness over greater distances. This course is only offered during session 2 and 4. **Prerequisite:** Must have passed Level 4.

Aqua Tots —Parent and Child Aquatics

This is a water exploration class for tots accompanied by a parent/or guardian. The instructor will lead swimmers through water games and activities designed to help them become comfortable in the water. No skill prerequisites, however, they **must be at least 6 months to 2 years old**. Must be accompanied in the water by a parent/or guardian at all times.

Adaptive Aquatics

These group lessons are for children of all ages with disabilities. Children with any level of experience are welcome to participate. These lessons will focus on water safety and basic aquatic skills. Instructors will work with children who are reluctant to enter or submerge in the water, who need to learn basic water safety, and who want to learn beginner swimming skills. Participants will need to enroll in this class, no drop-in fees as in previous years.