



# Learn-To-Swim

## Tuesday & Thursday (Twice a week, 4 weeks)

- Youth & Preschool  
4:00 – 5:45 PM
- Youth & Preschool  
5:00 – 5:45 PM

## Tuesday Night (Once a week, 8 weeks)

- Youth & Preschool  
6:00 – 6:45 PM
- Youth & Preschool  
7:00 – 7:45 PM

## Thursday Night (Once a week, 8 weeks)

- Youth & Preschool  
6:00 – 6:45 PM
- Youth & Preschool  
7:00 – 7:45 PM

## Friday Afternoon (Once a week, 8 weeks)

- Youth & Preschool  
4:00 – 5:45 PM
- Youth & Preschool  
5:00 – 5:45 PM
- Adult class  
6:00 – 6:45 PM

## Saturday Morning (Once a week, 8 weeks)

- Adult Class  
8:30 – 9:15 AM
- Parent & Child  
9:30 – 10:00 AM
- Youth & Preschool  
10:00 – 10:45 AM
- Youth & Preschool  
11:00 – 11:45 AM

### Select Session Dates:

- 5/21 – 6/13
- 6/18 – 7/11
- 7/16 – 8/8
- 8/13 – 9/5

- 5/21 – 7/9
- 7/16 – 9/3

- 5/23 – 7/11
- 7/18 – 9/5

- 5/24 – 7/12
- 7/19 – 9/6

- 5/25 – 7/13
- 7/20 – 9/7

For important information and a description of the levels please see the back of this sheet.  
For further information call KPS Aquatics Center at (616) 698-6700 Ext 6  
<http://www.kentwoodps.org/communityfacilities/aquaticscenter/>

Swimmer's Name: \_\_\_\_\_ Age: \_\_\_\_\_

Has student taken lessons before? Yes: \_\_\_ No: \_\_\_ Current enrolled level: \_\_\_\_\_

Parent's name: \_\_\_\_\_ Phone #: \_\_\_\_\_

Address: \_\_\_\_\_ City: \_\_\_\_\_ Zip Code: \_\_\_\_\_

Emergency Contact Phone #: \_\_\_\_\_

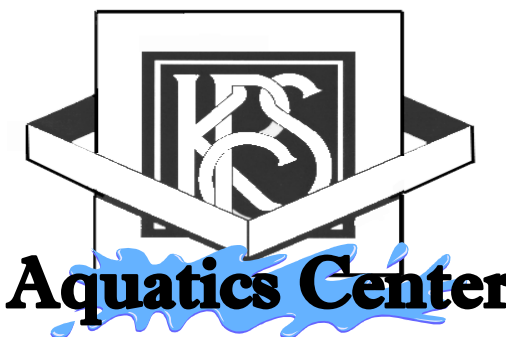
Email (used for swim lesson communication only): \_\_\_\_\_

Payment method (Cash or Check): \_\_\_\_\_ Amount: \_\_\_\_\_

Checks can be made payable to: KPS AQUATICS. Forms can be mailed to: KPS Aquatics Center

Cost per session is \$65 resident, \$85 non-resident. 6230 Kalamazoo Ave SE

(\$5 per student discount on registrations received/post marked 7 days before first day of lessons) Kentwood, MI 49508



### For Office Use Only

Cash  Check  Check #: \_\_\_\_\_ Amount: \_\_\_\_\_ Date Paid: \_\_\_\_\_ Employee Initial: \_\_\_\_\_

## Important Information

Swim lessons may be canceled due to emergency situations. There is no refund for emergency cancellation; however, a make-up lesson will be scheduled for the lost day. No make-ups will be available for absences. Parents will be asked to watch lessons from the bench area unless they are part of the Parent & Child class. Swimmers are encouraged to bring and wear goggles during lessons. Each session is eight classes long. Classes are 45 minutes (30 minutes for Parent and Child). All classes are taught by certified American Red Cross Water Safety Instructors. Private Lessons are also available from any of our certified swim instructors. Inquire for prices and scheduling information.

### Parent & Child Aquatics 1&2 (ages 6 months to about 3 years)

American Red Cross Parent and Child Aquatics class help infants and young children to become comfortable in the water so that they are willing and ready to learn to swim. Children will learn basic skills including adjusting to the water environment, maintaining a front or back position in the water comfortably, and demonstrating controlled breathing.

### Preschool Aquatics Level 1, 2 & 3 (about 4 & 5 years old)

Students will become oriented to the aquatic environment and gain basic aquatic skills at a beginner level. Beginner skills include water entry and exit, propulsive movements on both front and back, buoyancy, breath control, submerging and personal safety.

### Learn-to-Swim Level 1 Introduction to Water Skills (about 6 years and up)

Students will learn elementary aquatic skills, personal water safety information and skills. Aquatic skills will include breath control, submerging, buoyancy on front and back, swim on front and back, changing directions and personal water safety.

### Learn-to-Swim Level 2 Fundamental Aquatic Skills

Students will learn fundamental aquatic skills including floating without support, simultaneous and alternating leg and arm actions, breath control, submerging, and additional personal water safety skills.

### Learn-to-Swim Level 3 Stroke Development

Student will build on previously learned skills. Skills taught include survival float, front crawl, elementary backstroke, scissor and dolphin kicks, treading water, head first entries in deep water, and additional personal water safety skills.

### Learn-to-Swim Level 4 Stroke Improvement

Students will develop confidence in their strokes they have learned so far and to improve on other aquatic skills. Breaststroke, Butterfly, Sidestroke, and Back crawl will be introduced. Skills taught include headfirst entry from the compact and stride positions, front and back open turns, and water safety will be covered.

### Learn-to-Swim Level 5 Stroke Refinement

Students will coordinate and refine their Front crawl, Back crawl, Breaststroke, Sidestroke, Butterfly and Elementary backstroke. Skills taught include shallow angle dive, front and back flip turns, and personal water safety.

### Learn-to-Swim Level 6 Swimming and Skill Proficiency

Three different options will be available for Level 6 – Personal Water Safety, Fundamentals of Diving, and Fitness Swimmer.

*Please note: **All students must pre-register.*** Class availability cannot be guaranteed unless student is pre-registered. There is a \$5 per student discount on registrations received/post marked 7 days before first day of lessons. Payment is due at time of registration.