2025 Avonworth Pool Swim Lessons Information

The swim lesson program at the Avonworth Community Pool is for participants of all ages, abilities, and comfort levels. Our lessons are designed to teach each participant swimming skills in a safe environment at their own pace. Avonworth swim instructors are well-trained, knowledgeable, and caring, so they'll help develop swimming skills that will last a lifetime.

What to Expect: Our classes are tailored to the needs of each participant so that they can progress at a comfortable pace. Please keep in mind that some children may advance more quickly or slowly; our instructors will make sure that everyone receives the instruction they need.

What They'll Learn: Our program focuses on building skills one step at a time. By ensuring participants master one element before moving on to the next, our swim classes make it easy to build confidence in the water. During their swim lessons, participants will spend time at one or more of the following four levels:

- Level 1 <u>Introduction to Water:</u> Participants will learn how to feel comfortable in the water and safely
 enjoy it.
- Level 2 <u>Fundamentals of Aquatic Skills:</u> Participants will learn basic swimming skills and practice them throughout the duration of their lessons.
- Level 3 <u>Stroke Development:</u> Participants will develop and improve their swimming strokes. Lessons will focus on freestyle but can cover all strokes if requested.
- Level 4 <u>Swimming & Stroke Refinement</u>: Students will learn to swim with ease and efficiency, and gain the ability to swim smoothly over greater distances. Private lessons are recommended at this level.

How to Schedule: On the back of this paper you will find the form that you need to fill out in order to schedule your child's lessons. Below are the three types of lessons offered:

Group Swim Lessons – Group swim lessons are offered Monday-Thursday of each week from either 10:00-10:30am or 10:30-11:00am. The 10:00am slot is for participants of levels 1-2 and the 10:30am slot is for participants of levels 3-4. In the case one of the sessions is canceled due to inclement weather, Friday will be a makeup day.

Passholders: \$80.00 (4 sessions @ 30 min) Non-Passholders: \$90.00 (4 sessions @ 30 min)

Private Swim Lessons – Private swim lessons are offered Monday-Thursday of each week from either 10:00-10:30am or 10:30-11:00am. Participants will have the opportunity to work one-on-one with one of our swim lessons instructors at a level tailored to them. In the case one of the sessions is canceled due to inclement weather, Friday will be a makeup day. These slots are filled on a first-come, first-serve basis.

Passholders: \$100.00 (4 sessions @ 30 min) Non-Passholders: \$110.00 (4 sessions @ 30 min)

Water Babies / Mommy & Me - Water Babies classes are generally designed for infants (6 months to 24 months) and will require the parent to be present in the pool to hold the student throughout the lesson. Mommy & Me classes are generally designed for young children (24 months to 48 months) who are not quite ready for group lessons yet and will also require the parent to be present in the pool throughout the lesson. Water Babies classes are held Saturday mornings at 10:00am and Mommy & Me classes are held Saturday mornings at 10:30am.

Passholders: \$65.00 (4 sessions @ 30 min) Non-Passholders: \$75.00 (4 sessions @ 30 min)

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