

The Ultimate Swim Lesson Experience

SWIM • FLOAT • SWIM!

AQUATIC ACADEMY

SUMMER 2022 GROUP CLASS DETAILS

DATES: May 30 - August 5
(10 weeks)

*Closed on July 4th
for Independence Day*

COST: \$320

Once/Week

30 Minute Class



ALL GROUPS TAUGHT AT OUR UNIQUE CHILD-FRIENDLY FACILITY IN 90 DEGREE WATER.

**Diagonal Trade Center
795 S. Sherman Street, Longmont, CO 80501**

IMPORTANT:

Completion of private lessons or a private assessment is required to participate in Aquababies, FunDay, and Stroke School. Students may join a group at any time during the session and the cost will be prorated, according to the number of weeks remaining in the session.

• **LITTLE DIPPERS (ages 2-6 months)** This FREE weekly splash and play program is a 30 minute group class for younger infants and a caregiver. It is instructor directed, but parent taught and is the perfect way to acclimate infants to the water while introducing water safety skills. Infants will learn to balance in the water and be introduced to back floating in preparation for private Infant Survival lessons. \$100 registration. Price includes wetsuit, swim diaper and swim bag.

• **AQUABABIES (7-17 months with parent)** After completing private lessons, give your child the gift of swimming by signing up for a group to practice their skills. Parents, this is also beneficial to you as well; learn pointers to help when you swim with your children outside of our facility.

• **FUNDAY (18 months - 5 years without parent)** We teach children to swim in weeks, not years. That being said, it does take time for them to develop confidence in their new skills. Signing up for a group class is a great way to keep their skills intact and grow their confidence at the same time. They'll have fun going down the slide, diving for rings, and become stronger swimmers by participating in activities designed to increase endurance and promote water enjoyment. It's also a time where the instructor can assess if there are any issues with swimming skills. If possible, we try to correct issues in class. If more time is needed, a one-on-one private may be scheduled to help your swimmer stay on track. When your child is continually enrolled in a group class, there is no fee for additional privates your child might need during that session.

• **FUNDAY ADVANCED** This class moves confident 4-5 year olds to the lap pool with a stronger emphasis on the mechanics of kicking and correct body posture. Students will be taught the fundamentals of rhythmic breathing in preparation for advancing to more advanced stroke classes.

• **STROKE SCHOOL** Our stroke school builds on the skills and comfort previously acquired in private lessons, Aquababies, and FunDays. Our students move through various levels to achieve a rolling backstroke and a correct freestyle. As children become proficient in the freestyle and backstroke, we begin introducing the elements of butterfly and breaststroke. Using the techniques of core swimming, your child will truly learn to "swim like a fish".

MAKE-UP POLICY: Our pricing reflects the fact that most swimmers will only make 80% of their classes due to illness, events and vacations. **Make-ups are not reserved.** You are welcome to stand-by for a make-up class by consulting the schedule online and determining if an appropriate opening exists for your child. Group classes are limited to four students. Please inform the instructor if your child is doing a make-up.