



**CORNERSTONE  
AQUATICS CENTER**

# Winter 1 Parent Infant & Preschool Week Day Swim Lessons

55 Buena Vista Road, West Hartford, CT 06107

## Tuesday—Friday Parent Infant & Preschool Swim Lessons

### Tuesday:

- 9:15-9:45 AM  
Preschool Level 1
- 10:00-10:30 AM  
Parent Child 1 + 2
- 10:45-11:15 AM  
Preschool Level 2
- 11:30-12 PM  
Preschool Level 3
- 5:05-5:35 PM  
Preschool Level 1
- 5:40-6:10 PM  
Preschool Level 3

### Wednesday:

- 9:15-9:45 AM  
Preschool Level 1
- 10:00-10:30 AM  
Parent Child 1 + 2
- 10:45-11:15 AM  
Preschool Level 2
- 11:30-12:00 PM  
Preschool Level 3

### Thursday:

- 3:00-3:30 PM  
Preschool Level 3

### Friday:

- 9:15-9:45 AM  
Parent Child 1 + 2
- 10:00-10:30 AM  
Preschool Level 1
- 10:45-11:15 AM  
Preschool level 2
- 11:30-12:00 PM  
Preschool Level 3
- 5:05-5:35 PM  
Preschool Level 2

### Members:

Registration opens: Wednesday Dec. 18<sup>th</sup> at 1:00 PM  
Fee: \$75

### Non-members:

Registration opens: Friday Dec. 20<sup>th</sup> at 1:00 PM  
Fee: \$99

- Classes will run from Tuesday January 7<sup>th</sup>-February 14<sup>th</sup>
- All classes are 30 minutes each for six weeks
- Online registration closes Sunday January 5<sup>th</sup> at 8 PM

### PARENT/INFANT LESSONS

6-18 Months (PI 1): This class is for parents with children ages 6 -18 months. This is a water introduction class where comfort in the water and submerging are taught in a low pressure and fun environment. Water experimentation, blowing bubbles, and basic skills are instructed through songs and activities.

18 Months-3 years (PI 2): This class is for children between the ages of 1 1/2 and 3 years. This class expands on some skills learned in the first course, but adds some more difficult skills such as floating, submersion, and gliding. This course is recommended before PSA 1.

### PRE-SCHOOL SWIM LESSONS

Pre-School Aquatics Level 1 (PS 1): This class teaches children the most elementary aquatic skills. They continue to develop safe practices around the water.

Pre-School Aquatics 2 (PS 2): This class teaches independent aquatic locomotion skills. Children continue to explore simultaneous and alternating arm and leg actions on the front and back to gain more proficiency for future strokes.

Pre-School Aquatics 3 (PS 3): This class teaches children to perform their skills independently. They are taught to improve coordination of combined arm and leg actions and alternating arm and leg actions.



**Please register online at**

<https://cornerstone.recdesk.com>



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# Winter 1 Learn to Swim Week

## Day Swim Lessons

55 Buena Vista Road, West Hartford, CT 06107

### Monday:

4:15-5:00 PM

Learn to Swim 1

5:05-5:50 PM

Learn to Swim 2

5:55-6:40 PM

Learn to Swim 4

### Tuesday:

4:15-5:00 PM

Learn to Swim 2

### Wednesday:

4:15-5:00 PM

Learn to Swim 1

5:05-5:50 PM

Learn to Swim 2

5:55-6:40 PM

Learn to Swim 4

### Thursday:

4:00-4:45 PM

Learn to Swim 2

4:15-5:00 PM

Learn to Swim 2

5:05-5:50 PM

Learn to Swim 4

5:55-6:40 PM

Learn to Swim 5 & 6

### Friday:

4:15-5:00 PM

Learn to Swim 1

Learn to Swim 2

Learn to Swim 2

5:05-5:50 PM

Learn to Swim 2

Learn to Swim 3

5:55-6:40 PM

Learn to Swim 1

Learn to Swim 5& 6

6:45-7:30 PM

Learn to Swim 3

### LESSONS FOR CHILDREN- AGES 5 AND UP

Level 1 (LTS 1): Introduction to Water Skills- Children learn breath control, buoyancy on the front and back, alternating arm and leg action and general water safety rules.

Level 2 (LTS 2): Fundamental Aquatic Skills- Underwater swimming, treading water, swimming in different positions and general water safety are the main focus.

Level 3 (LTS 3): Stroke Development- Head first entries, rotary breathing, changing directions and different kicks are taught.

Level 4 (LTS 4): Stroke Improvement- Diving, surface diving, turns, breaststroke kick, elementary backstroke and scissor kicks are introduced.

Level 5 (LTS 5): Stroke Refinement- Head first surface dives, flip turns and survival swimming are taught. All other skills are refined.

Level 6 (LTS 6): Fitness Swimmer Course- Focuses on endurance as it pertains to using the water as a medium for exercise in addition to the core skills.

- Classes will run from January 6<sup>th</sup>-February 14<sup>th</sup>
- All Learn to Swim classes are 45 minutes once a week for 6 weeks.
- Online registration closes Sunday January 5<sup>th</sup> at 8 PM



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**CORNERSTONE  
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# Winter 1 Saturday Morning Lessons

55 Buena Vista Road, West Hartford, CT 06107

## Parent Infant & Preschool Swim Lessons:

9:00-9:30 AM

Parent Child 1  
Preschool Level 1  
Preschool Level 3

9:35-10:05 AM

Parent Child 2  
Preschool Level 1  
Preschool Level 2

10:10-10:40 AM

Parent Child 2  
Preschool Level 3

10:45-11:15 AM

Parent Child 2  
Preschool Level 1

11:00-11:30 AM

Preschool Level 2

11:20-11:50 AM

Preschool Level 1

11:30-12:00 PM

Preschool 3

11:35-12:05 PM

Preschool Level 2

## Learn to Swim Lessons:

9:00-9:40 AM

Learn to Swim Level 2  
Learn to Swim Level 3

9:50-10:35 AM

Learn to Swim Level 3  
Learn to Swim Level 5 & 6

10:10-10:55

Learn to Swim 1

10:40-11:25 AM

Learn to Swim Level 1  
Learn to Swim Level 4

11:30-12:15 PM

Learn to Swim Level 1  
Learn to Swim Level 4

- Classes will run for six weeks from Saturday January 11<sup>th</sup>- February 15<sup>th</sup>
- Parent Infant & Preschool classes are 30 minutes
- Learn to Swim classes are 45 minutes
- Online registration closes Sunday January 5<sup>th</sup> at 8:00 PM



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### LESSONS FOR CHILDREN- AGES 5 AND UP

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**CORNERSTONE  
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# Winter 1 Adult Swim Lessons Cornerstone Aquatic Center

55 Buena Vista Road, West Hartford, CT 06107

**Tuesday night lessons:**

6:30-7:15 PM

Adult Beginner

7:15-8:00 PM

Adult Intermediate

8:00-8:45 PM

Adult Advanced

**Thursday night lessons:**

6:30-7:15 PM

Adult Beginner

7:15-8:00 PM

Adult Intermediate

8:00-8:45 PM

Adult Advanced

- Tuesday classes will be held once a week for 6 weeks for 45 minutes each  
⇒ January 7<sup>th</sup>-February 11<sup>th</sup>
- Thursday Classes will be held once a week for 6 weeks for 45 minutes each  
⇒ January 9<sup>th</sup> – February 13<sup>th</sup>



**ADULT LESSONS– AGES 16 AND UP**

Beginner (AD 1): Learn basic swimming strokes and skills needed to stay safe, and help keep others safe in and around the water.

Intermediate (AD 2): Participants will gain proficiency in basic aquatic skills and the six basic swimming strokes

Advanced (AD 3): Participants will learn to refine their front crawl, back crawl, breaststroke and turns to build endurance.

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Fee: \$75

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Fees: \$99

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