

## Verona Aquatics

### Fall 2023 Community Swim Class Information

Fall Swimming Lesson Registration will begin on August 21, 2023 @10am  
To register online for our Programs go to: <http://veronanat.recdesk.com>.

Lessons are filled on a “first-come, first-serve” basis. All classes have limited space available, so register early.

**\*\*\*Each child may register for ONE swim (Parent-Tot-Level 6) class at a time. Participants may sign up for a swim lesson, Diving, Logrolling or Junior Lifeguarding during the same session. \*\*\***

Once you have completed their first session you may register them for openings in other sessions. Individuals that register their children for more than one session at a time will not be eligible for a refund if they have placed their student in an incorrect class

#### **Age Pre-Requisites:**

Your child must be six months of age to participate in Parent-Tot 1, and 18 months to participate in Parent-Tot 2, four years of age to participate in Pre-school 1, 2 & 3, and 6 years of age to participate in Level 1 - Level 6. No exceptions will be made.

#### **Refund Policy**

Full Refunds will be given if the VASD Aquatic department cancels a class. A prorated refund will be given only if severe illness or injury prevents participation. Individuals that register their children or themselves for more than one session at a time will not be eligible for a refund if they have placed their student in an incorrect class

#### **Program Cancellations**

All classes must have a minimum number of students. VASD reserves the right to cancel, combine, or make schedule revisions as necessary.

#### **Missed Lessons:**

Occasionally, students may need to miss a lesson. There are no make-up classes available for missed lessons.

### **FALL 2023 Lesson Fees**

Parent/Tot , Preschool 1-3	VASD Residents: \$50 Non-Residents: \$100
Levels 1-3 , Adult / Teen	VASD Residents: \$75 Non-Residents: \$150
Levels 4-6	VASD Residents: \$85 Non-Residents: \$170
Private Lessons	VASD Residents: \$100 Non-Residents: \$125

**Fall 2023 Swim Class Schedule**

**Lessons this fall will be once a week for 5 weeks:**

**Fall Session 1**

Sunday Evenings September 10th -October 8th  
 Tuesday Evenings September 12th-October 10th  
 Thursday Evenings September 14- October 12th

**Fall Session 2**

Sunday Evenings October 15th- November 19th (*No class 10/29*)  
 Tuesday Evenings October 17th-November 21st (*No class 10/31*)  
 Thursday Evenings October 19th-November 16th

<b>Fall Session 1 &amp; 2</b>								
<b>Sunday Evenings</b>								
<b>Time</b>	<b>Parent/Tot</b>	<b>Preschool</b>	<b>Level 1</b>	<b>Level 2</b>	<b>Level 3</b>	<b>Level 4</b>	<b>Level 5</b>	<b>Other</b>
4:00pm-4:30pm		Preschool 1						
4:00pm-4:40pm			Level 1	Level 2				Private Lessons
4:35pm-5:15pm					Level 3			
4:45-5:15pm	Parent/Tot 2	Preschool 2						
4:45-5:25pm								Private Lessons
5:20-5:50pm		Preschool 1						
5:20-6:00pm			Level 1	Level 2				
5:30-6:10pm								Private Lessons
5:55 pm-6:35pm					Level 3			
6:05 pm-6:35pm		Preschool 2 Preschool 3						
6:15-6:55pm								Private Lessons
6:40 pm-7:20 pm								Teen (Beginner)
6:40-7:30pm						Level 4	Level 5	

<b>Fall Session 1 &amp; 2</b>					
<b>Tuesday Evenings</b>					
<b>Time</b>	<b>Preschool</b>	<b>Level 1</b>	<b>Level 2</b>	<b>Level 3</b>	<b>Other</b>
6:00pm - 6:40pm		Level 1			
6:45pm - 7:25pm			Level 2		
7:30pm - 8:10pm				Level 3	
8:15pm - 8:45pm					Adult (Beginner)

<b>Fall Session 1 &amp; 2</b>						
<b>Thursday Evenings</b>						
<b>Time</b>	<b>Preschool</b>	<b>Level 1</b>	<b>Level 2</b>	<b>Level 3</b>	<b>Level 4</b>	<b>Level 6</b>
6:00pm - 6:30pm	Preschool 2					
6:35pm - 7:05pm	Preschool 1					
7:10pm - 7:50pm					Level 4	
7:55am - 8:45pm						Level 6

***Masters Swim Program- Class will be held at the Aquatic Center***

We are offering three Master's programs. There will be a morning program and two evening masters program. The Master Swim Program is an organized coaching program for Adults. Practice sessions will consist of stroke technique and development of all four racing strokes, starts, and turns. The program will also focus on developing general fitness, endurance and speed.

Anyone looking for any or all of the following should consider the program: general higher level of fitness, competition, triathlon and open water swimming. Registration will not be taken over the phone, payment must accompany registration to hold a spot in class.

<b>Session</b>	<b>Course Title</b>	<b>Dates</b>	<b>Time</b>	<b>Fees</b>
<b>Morning Masters Swim Program</b>				
2023 Fall	Session 1	9/5-10/26	6am-7am	\$160 VASD Resident \$192 Non-Resident
2023 Fall	Session 2	9/5-10/26	7am-8am	\$160 VASD Resident \$192 Non-Resident
2023 Fall	Session 3	10/31-12/21	6am-7am	\$150 VASD Resident \$180 Non-Resident
2023 Fall	Session 4	10/31-12/21	7am-8am	\$150 VASD Resident \$180 Non-Resident
<b>Evening Masters Swim Program</b>				
2023 Fall	Session A	9/13-10/25	8pm-9pm	\$130 VASD Resident \$156 Non-Resident
2023 Fall	Session B	10/30-12/20	8pm-9pm	\$150 VASD Resident \$180 Non-Resident

## Parent/Child Class Levels

LEVEL	CLASS SIZE	Prerequisites	SKILLS TAUGHT IN CLASS
Parent/Tot 1	12 Max	Ages 6m - 18 months years  At least one adult must attend.	Holding and support techniques, safety cues, entering /exiting the water, water adjustment, submerging, submerging in a rhythmic pattern, breath control, exploring buoyancy on front & back, changing directions, gliding on front & back with assistance, swimming on front and back, wearing life jackets & basic water safety. Socialization, enjoyment of the water and fun
Parent/Tot 2	12 Max	Ages 18m - 3 years  At least one adult must attend.	Holding and support techniques, safety cues, entering /exiting the water, water adjustment, submerging, submerging in a rhythmic pattern, breath control, exploring buoyancy on front & back, changing directions, gliding on front & back with assistance, swimming on front and back, wearing life jackets & basic water safety. Socialization, enjoyment of the water and fun

## Preschool Swim Classes

LEVEL	CLASS SIZE	Prerequisites	SKILLS TAUGHT IN CLASS
Preschool 1	5 Max	Ages 4 and 5 w/o parent  No Previous Skills Needed	Enter & exit water safely, Breath control & submerging, bubble blowing, front glide & recovery, back glide & back float & recovery, changing directions, treading water arm & hand action, alternate & simultaneous arm and leg actions on front and back and personal & general water safety skills.
Preschool 2	5 Max	Ages 4 and 5 w/o parent  Prerequisite: Able to demonstrate all Preschool 1 skills.	Enter & exit water safely, breath control & submerging, bubble blowing, bobbing, retrieval of underwater objects, front glide, front float & recovery, back glide, back float & recovery, changing directions and positions, treading ( 5 sec) arm & leg actions in shallow water, combined arm and leg actions on front and back, finning arm actions on back, self help & water safety skills. Exit skills assessment.
Preschool 3	5 Max	Ages 4 and 5 w/o parent  Prerequisite: Able to demonstrate all Preschool 2 skills	Jumping in water safely, fully submerging & holding breath, bobbing with wall for support, front float, jellyfish float, tuck float & recovery, back glide, back float & recovery, changing directions and positions, treading in shoulder deep water (15 sec), combined arm and leg actions on front and back, finning arm actions on back, water safety skills. Exit skills assessment.

## Learn-to-Swim Youth Class Levels

LEVELS	SIZE	Prerequisites	SKILLS TAUGHT IN CLASS
Level 1 Intro to Water Skills	6	For Students Ages 6 & up  No skills required	Enter/exit the water safely, submerging, bubble blowing through mouth & nose, object recovery, front glide & recovery, back glide, back float and recovery, treading arm & leg actions, alternate & alternating arm and leg actions & combined stroke on front and back at least 2 body lengths each. Discuss & demonstrate water safety skills.

Level 2 Fundamental Aquatic Skills	6	Students Ages 6 & up Able to demonstrate all Preschool 2 or Level 1 skills.	Jumping or stepping from the side, exit water safely, fully submerge, bobbing, object recovery, front float, tuck float, jellyfish float, front glide, front float or glide & recovery to standing, back glide, back float & recovery to standing, changing directions & body position, treading arm & leg actions in shoulder deep water, combined strokes on front & back for at least 5 body lengths, personal & water safety skills
Level 3 Stroke Development	6	Students Ages 6 & up. Able to demonstrate all preschool 3 or Level 2 skills.	Deep water skills, jumping into deep water from the side, sitting & kneeling dives, rotary breathing, bobbing while moving to safety, survival floating, back float in deep water. changing directions in deep water, treading water in deep water, dolphin kicking on front, 1 length front crawl, 1 length elementary backstroke, scissors kick, water safety skills.
Level 4 Stroke Improvement	6	Able to demonstrate all Level 3 skills.	Deep water bobbing, buoyancy & floating positions in deep water, compact & standing dives, survival float, open turns on front & back, front crawl, elementary backstroke, back crawl, butterfly & sidestroke, pushing off in streamlined position, swimming underwater, feet first surface dives, treading water using different kicks, general & personal safety.
Level 5 Stroke Refinement	6	Able to demonstrate all Level 4 skills.	Shallow-angle tuck surface dives, pike surface dives, front flip turns, back flip turns, treading water for 5 minutes, front crawl & elementary backstroke - 50 meters, breaststroke, butterfly, backstroke & sidestroke - 25 meters, sculling - 30 seconds, water safety.
Level 6 Swimming and Skills Proficiency (Fitness Swimmer)	6	Able to demonstrate all Level 5 skills.	Level 6A goal is to refine strokes so participants swim them with more ease, efficiency, power and smoothness and over greater distances. Cooper 12-minute swim test at beginning & end of class. Front crawl & elementary backstroke - 100 meters, back crawl, breaststroke, sidestroke, and butterfly - 50 meters. Open turns, flip turns, circle swimming, using a pace clock, swimming w/pull-buoys, fins & paddles, setting up an exercise program, training techniques, target heart rates, & aquatic exercise, HELP & Huddle positions, feet first & headfirst surface dives, back float, survival float, and survival swimming, treading water w/o arms, surface dives in 7-10 feet, water safety skills.

LEVELS	SIZE	Prerequisite	SKILLS TAUGHT IN CLASS
Intro to Swim Team <u>Seals</u>	8	Ability to Demonstrate all Level 5 Skills Age 6-10	Students will perfect their Front Crawl, Backstroke, Breaststroke, Sidestroke, Elementary Backstroke, Butterfly, starts & turns. Swimmers will also work on stroke efficiency and endurance.

Intro to Swim Team <u>Sharks</u>	8	Ability to Demonstrate all Level 5 Skills Age 11-17	Students will perfect their Front Crawl, Backstroke, Breaststroke, Sidestroke, Elementary Backstroke, Butterfly, starts & turns. Swimmers will also work on stroke efficiency and endurance.
----------------------------------	---	--	--

LEVELS	SIZE	Prerequisite	SKILLS TAUGHT IN CLASS
Private	1	Ages 4 to adult	This class is learner based. The instructor will tailor the class to the student's needs.

## Lessons

---

Teen/Adult Class <u>Beginner</u>	<b>6</b>	Teen: 13+ Adult: 18+	The front crawl, back crawl, breaststroke, side stroke and elementary backstroke will be worked on in this class. This course is designed for beginner swimmers or people who are afraid of the water.
Teen/Adult Class <u>Intermediate</u>	<b>6</b>	Teen: 13+ Adult: 18+	The front crawl, back crawl, breaststroke, side stroke and elementary backstroke will be worked on in this class. This course is designed for swimmers who are not afraid of the water and would like to learn more about the different strokes.
Teen/Adult Class <u>Advanced</u>	<b>6</b>	Teen: 13+ Adult: 18+	The front crawl, back crawl, breaststroke, side stroke and elementary backstroke will be worked on in this class. This course is designed for swimmers who would like to work on stroke technique and endurance.