

Aquatic Catalog

SWIM LESSONS:

Infant/Parent; 6 contact days; \$25 per infant student: 25 minute class. 6 months old to 4 years. Beginning instruction in a small group with an instructor and parent in the water. Lessons encourage fun with water play. Shallow end. Student may begin Level 1 when:

- Student is comfortable with the instructor/non-parent contact;
- Student is comfortable in water.

Level 1 [Otter]; 6 contact days; \$40 per student: 25 minute class. minimum age: 3 years old. Beginning instruction in a small group with 2 instructors. This class is mostly shallow end and introduction to the deep end. Students may move up to Level 2 when:

- Student moves independently from wall when instructed;
- Student is able to enter independently in the water;
- Student is able to follow instruction;
- Student demonstrates a willingness to put face in the water (nose can be plugged, eyes shut, brief submersion).

Level 2 [Turtle]; 6 contact days; \$40 per student: 45 minute class. minimum age: 4 years old. An introductory swim class. Participants will learn alternating arm movements, floating, breathing, kicking and jumping skill in the shallow and deep end. Flotation devices are used for support and instruction. Students may move to Level 3 when:

- Student is able to swim independently without a flotation device;
- Student will submerge his/her head;
- Student can perform rudimentary front crawl arm movements;
- Student is willing to swim underwater for short distances.

Level 3 [Nemo]; 6 contact days; \$40 per student: 45 minute class. Participants need to know skills of Level One and Level Two OR have the ability to swim without the aide of a flotation device AND be comfortable with his/her face in the water. Participants will learn to dive, to swim the front and back crawl, to tread water and to swim underwater. No flotation devices. This class is taught in the shallow and deep end. Students may move to Level 4 or to 4th-6th grade swim when:

- Student is able to perform the front crawl and back crawl for 25 yards;
- Student is able to demonstrate underwater swimming for rings at different depths and distances;
- Student is able to demonstrate the kick for the breast stroke and dolphin kick (does not need to be perfect)

Level 4 or 4th-6th Grade Swim; 6 contact days; \$45 per student: 55 minute class. Participants must be able to swim 25 yards using any ONE of the four competitive swim strokes. This class is designed to promote competitive swimming skills, life guard and safety instruction and diving skills.

LAP SWIM: LAP swim will be available on Monday and Wednesday from 6:30AM-7:30AM and Mon./Wed from 6PM-7:30PM. Monthly and Semester lap swim passes may be purchased.

WATER EXERCISE CLASS DESCRIPTIONS:

Water Aerobics (WARB): 50 minute aerobic workout. The class involves active movement that uses the bottom of the pool floor. All activity takes place in the shallow end. One (1) or two (2) days per week, 6:30PM-7:30PM, Monday and Wednesday; LIMITED SPACE.

Deep Water Workout (DWW): 50 minute aerobic workout. This is a challenging workout in the deep end of the pool. Flotation devices are available for use. One (1) or two (2) days per week, 6:30PM-7:30PM, Monday and Wednesday; LIMITED SPACE.

Cancellation Policy

CANCELLATIONS: Participants whose classes are cancelled due to low registration will be notified. CANCELLED classes will also be posted on the Pool web page. If a class is full, patrons may be put on a waiting list. Class sizes are limited for safety reasons. Late registrations are not accepted.

In the event that school is closed due to weather, classes/swim times will also be cancelled for that day. The school will make every possible attempt to notify participants of the cancellations and to reschedule missed class times. There may be times when make up classes cannot be scheduled due to staffing and pool availability. Refunds are not issued if this is the case, but allowances can be made at another swim event. Please contact the pool office: 585-237-0270 EXT 1008.

**For more information contact 585-237-0270 ext. 1008
or www.perry.k12.ny.us**