

Sessions and Times

Swim Lesson Sessions:

Session 1: June 21—July 2
Session 2: July 5—July 16
Session 3: July 19—July 30
Session 4: August 2—August 13

Available Times

9:30am-10:05am
10:15am-10:50am
7:15pm-7:50pm

*Meets Monday—Thursday. If class is canceled due to weather, Friday becomes a makeup day. *You may only sign up for one session at a time, per person.*

Aqua Tots

Session 1: June 22-July 15
Session 2: July 20-August 12

11:00am-11:35am

*Meets Tuesdays & Thursdays.

*No makeup days offered. *You may only sign up for one session at a time, per person.*

Adaptive Aquatics

Session 1: June 22—July 15
Session 2: July 20—August 12

11:00am-11:45am

*Meets on Tuesdays & Thursdays

*No makeup days offered. *You may sign up for both sessions.*

NEW—Evaluation Days

Allows children to be assessed by a lifeguard and given swim level recommendations. No charge but must register for a time slot. Children must arrive ready to get in the pool at their start time.

Evaluation Dates:

June 7: 11:00am—11:45am

* Future evaluation dates will be announced prior to the next swim lesson session.

Pricing

Swim Lessons-\$40.00 per child, per session

Aqua Tots-\$35.00 per child, per session

Adaptive Aquatics-\$35.00 per child, per session

Jr. Lifeguarding-\$60.00 per child, per session

***NO REFUNDS**

Registration

Call 740-592-3325 for more information or

REGISTER ONLINE:

<https://anc.apm.activecommunities.com/athensrec>

Specialty Aquatic Programs

Junior Lifeguard Program

This program gives swimmers, ages 13-17, an opportunity to develop leadership skills, water safety skills, first-aid, CPR, water rescue techniques, and other lifeguard related topics. The goal of this program is not to gain lifeguard certification but to be a valuable experience that will build self-confidence, prepare students for future employment as a Professional Lifeguard, and provide skills needed for any profession.

At the completion of the course, participants will be certified in American Red Cross CPR. This course will be led by the Head Lifeguard. Course is limited to 10 participants. Class runs Monday through Thursday from 8am—1pm.

Session 1: July 5—July 8

Session 2: TBD

Times: 8:00am-1:00pm

Cost: \$60.00



Frequently Asked Questions:

Do classes get cancelled because of weather?

- ⇒ There may be times when a class must be cancelled due to weather conditions. When this occurs, we will make every effort to contact parents/guardians in a timely manner.
- ⇒ Cancellations will also be posted on the community center's social media pages, Facebook and Twitter, @AthensCommCtr

May I observe my child's swim lesson?

- ⇒ We provide designated viewing areas for parents/guardians to watch as their child participates in their lesson.

Does the Athens City Pool offer private swim lessons?

- ⇒ Yes, private swim lessons are offered and are dependent on instructor availability.
- ⇒ Please contact us if you are interested in enrolling your child in private lessons.

Contact Information

Phone: 740-592-3325

Email: athensparks&rec@ci.athens.oh.us

Athens City Pool

Aquatic Programs

2021



athens

ARTS, PARKS AND RECREATION

Program Overview

The Athens City Pool provides quality swim lessons that develop key water safety skills. We offer the American Red Cross Swim Lessons which are designed to encourage a lifetime of safety, fun and fitness. Each level builds skills and endurance with a specific teaching progression to make learning easier and exciting!

During the first day of lessons, instructors will be introduced and children that did not participate in our swim evaluation days will be given a swim test. This is to confirm swimmers are in the needed level of swim instruction so they can get the most out of their lessons. Our swim instructors will communicate with parents/guardians about any adjustments that need to be made in the placement of their child's learn-to-swim level.

Please keep in mind that not all children learn the same way or at the same rate. Some may need to repeat a swim level while some may advance to the next level. This is completely normal and instructors are trained to evaluate which level will benefit the child the most. With patience, perseverance and practice swimmers will succeed in all levels.

Learn-to-Swim Guidelines

All participants are required to follow the rules of the Athens City Pool and those rules specific to the learn to swim programs:

- ⇒ **Parents/ guardians may observe lessons from the designated viewing areas.** This is to minimize potential distractions and help students and instructors to focus fully on instruction.
- ⇒ Swimmers should be dressed in swim attire and ready to begin class on time.
- ⇒ Swimmers will be required to shower before entering the pool.



SWIM LESSON SKILL LEVEL DESCRIPTIONS

Each class is 35-minutes long with a maximum enrollment of 8 swimmers per level

Turtle1 /Turtle 2: Water Adjustment (Must be 3-5yrs. old)

Turtle 1, will be held in the kiddy pool. **Turtle 2**, classes will be held in zero depth to 1-foot section of the main pool. With assistance in both classes, students learn to become comfortable in and around water, as well as under the water. These levels are designed for younger swimmers who need assistance in learning basic elementary water skills with assistance and without. Emphasis of this class includes: water safety and adjustment through songs and games.

Tadpole—Level 1: Introduction to Water (Must be at least 3ft. tall) (Typical ages :4-7)

This level is intended to help students feel more comfortable in the water with assistance from the instructor. Students will learn basic water skills: submerging with eyes open, breath holding, floating, gliding, alternating and simultaneous leg and arm action, and water safety. Participants must be at least 3ft. tall.

Frog—Level 2: Fundamental Water Skills (Typical ages: 5-8)

Participants combine the skills developed in Level 1 to master the fundamental skills necessary for basic swim strokes with minimal assistance from the instructor with the goal of being independent in the water. Skills taught include rotary breathing, retrieving submerged objects, exploration to deeper water, finning, treading water, gliding, turning over, and swimming on back. The main goal for this level is to become comfortable swimming unassisted. **Prerequisite:** Must have passed Level 1.

Minnow—Level 3: Stroke Development (Typical ages : 6-12)

Students build and refine skills from Level 2, and are introduced to new strokes and techniques. This level introduces new floats, dolphin, flutter, scissor and breaststroke kicks, streamline, and elementary backstroke. Exploration to deep water swimming, and elements/ rules for diving in the 12-foot section will be introduced. Students will need to have the endurance and strength to swim at least 50 yards in order to pass. **Prerequisite:** Must have passed Level 2.

Seahorse—Level 4: Stroke Improvement (Typical ages: 7-14) — ONLY OFFERED DURING SESSION 1 AND 3

Participants improve on swimming skills and increase endurance on strokes learned in previous levels. This includes front and elementary backstroke, breaststroke, butterfly and rotary breathing. Additionally, skills taught include head first entries in the deep ends of the pool, and off the diving board, treading water, feet first surface dive and introduction to flip turns at the wall. High levels of swimming endurance needed to move on, 50+ yards. This course is only offered during session 1 and 3. **Prerequisite:** Must have passed Level 3.

Porpoise—Level 5: Stroke Refinement (Typical ages: 7-14) — ONLY OFFERED DURING SESSION 2 AND 4

This higher-level course focuses on increased endurance, coordination, and refinement of all strokes. Participants will work on refining strokes in order to swim with more ease, efficiency, power and smoothness over greater distances. Endurance and stroke perfection are the main focus of the class. This course is only offered during session 2 and 4. **Prerequisite:** Must have passed Level 4.

Aqua Tots —Parent and Child Aquatics

This is a water exploration class for tots accompanied by a parent or guardian. The instructor will lead swimmers through water games and activities designed to help them become comfortable in the water. No skill prerequisites, however, they **must be at least 6 months to 2 years old**. Must be accompanied in the water by a parent or guardian at all times. Parents and tots will learn fun ways to get comfortable in the water. Get ready for some fun games and songs! Class maximum—10 children per session.

Adaptive Aquatics

These group lessons are for children of all ages with disabilities. Children with any level of experience are welcome to participate. These lessons will focus on water safety and basic aquatic skills. Instructors will work with children who are reluctant to enter or submerge in the water, who need to learn basic water safety, and who want to learn beginner swimming skills. Participants will need to enroll in this class, no drop-in fees as in previous years. Class maximum—10 children per session.