



SwimSafe Lessons 2017

SwimSafe Pool Management, Inc. offers a wide variety of swim lessons for swimmers of all ages. Our instructors are highly qualified and trained by our own staff using our teaching philosophy and lesson curriculum.

Enroll Today at: www.teamunify.com/cmspmi

To Register:

- At our website above, go to the **Class Registration Tab**
- Select **Harper's Point** from the **Location Filter** drop down box click on the **Group Swim Lessons** bar towards the bottom of the page
- Click on the appropriate skill **Level** to see class offerings
- To filter by **Session**, click on the desired session from the drop down box
- Click on the **Class Cost/Days/Times** for more specific information
- Click on the **Register** button next to the class time you desire and follow the prompts to complete the registration process.

*A confirmation will be emailed to you once the registration process is complete.

2017 Session Dates:

June 5th—16th

June 19th—30th

July 3rd—14th

July 17th—28th

Monday – Thursday
\$42/child/session

Registration Closes:

Session 1: 5/31

Session 2: 6/14

Session 3: 6/28

Session 4: 7/12

How To Choose the Right Station for your Child:

Get more information about our lesson program and station skill levels at the website above. Click on the Lesson Information tab and read through the station descriptions and tests to carefully match your swimmer's skill level to our program.



Frogs &
Tadpoles



Flounder



Jellyfish



Octopus



Clownfish



Seahorse

**Classes will be combined or cancelled
when enrollment is below three participants.**

Waitlist: It is our goal to put every child into lessons. If you are on the waitlist, the Head Swim Lesson Coordinator will email you with your options if it is possible to get your child in lessons.

Inclement Weather: Classes may be cancelled due to inclement weather. If thunder or lightening is in your area within 15 minutes before the start of class, the lesson will be cancelled. When possible, a make-up class will be offered on Fridays. Please visit our TU website under the News section or our SwimSafe Facebook page.



SwimSafe School Lesson Program

Not Sure What Level to Sign your Child up For?



Frogs & Tadpoles - Mommy & Me (6 months - 3 years)- This is an interactive class and we recommend that the child has at least the ability to hold his/her head up independently. The class will mimic much of the Flounder Station, but will be catered to the age group and adult/child relationship. There will be a strong emphasis on safety, water acclimation, and teaching through game/song and parent involvement.



Flounder Skills - Water Exploration – child must be able to leave parent. Child will become acclimated to the water through games. Child will learn basic safety skills in addition to water submersion and floating with support.



Jellyfish Skills - Primary Skills – child needs to be acclimated to water. Child will learn to be in the water unassisted on both front and back positions. Bobbing, floating, and kicking will be the main focus of this level. Safety and learning through games will still be incorporated into this level.



Octopus Skills - Stroke Readiness – child is comfortable floating unassisted on both front and back. Child can recover from float to standing position unassisted and be able to have a propulsive kick. Child will begin learning freestyle, backstroke, elementary backstroke, treading water, and diving. Safety skills and games will also be incorporated into this level.



Clownfish Skills - Stroke Development – child must be able to swim novice freestyle and backstroke, be able to jump in and return to the side unassisted, tread water for 10 seconds, and know the basics of the breaststroke and butterfly kicks. Freestyle and backstroke skills will be refined. Endurance will be increased in all skills.



Seahorse Skills - Stroke Refinement - child is a strong swimmer in both freestyle and backstroke and has a novice understanding of both breaststroke and butterfly. Child can do somersaults in the water, tread for one minute, and dive from a kneeling position. Child will learn to swim 25 meters of each of the four competitive strokes legally, standing dive, flip turns and open turns. The goal of this level is for swimmers to be able to complete a 100 meter swim continuously.

Skill Level Expectations (completion of skill set required to pass each station)

 <p style="text-align: center;">Flounder Skills</p> <ul style="list-style-type: none"> * Monkey crawl to safety * Supported front & back float * Assisted recovery position from front & back * Safe way in and out * Introduction to bobs * Bubbles from nose/mouth * Assisted movement around pool 	 <p style="text-align: center;">Jellyfish Skills</p> <ul style="list-style-type: none"> * Push off wall to front float * Push off wall to back float * Recovery position from unassisted front float, back float, front glide, back glide * 5 bobs with bubbles * Submersion for objects * Propulsive kicking with or w/o floatation * Push off streamline & roll to back 	 <p style="text-align: center;">Octopus Skills</p> <ul style="list-style-type: none"> * Tread for 10 seconds * Sculling on front/back * Elementary backstroke * Novice freestyle/backstroke * Jumping bobs * Intro to all kicks (in streamline) * Sit dive * Jump in & return to wall * Jump in & push off to back glide
<p style="text-align: center;">Clownfish Skills</p> <ul style="list-style-type: none"> * Tread for 1 minute * Strong free & back * Novice fly & breaststroke * Backwards bobs * Kneel dive * Handstand * Front somersault * Strong kicks 	<p style="text-align: center;">Seahorse Skills</p> <ul style="list-style-type: none"> * Tread/Swim/Tread * 25 meter each of free/back/fly/breast * Eggbeater kick * 100 meter continuous swim * Standing dive * Flipturns 	<p style="text-align: center;">Questions? Concerns? Lessons@swimsafepool.com</p> <p style="text-align: center;">SwimSafe Pool Mngmt. 107 Commerce Dr. Loveland, OH 45140 513-755-7050</p>

