

MAKE A SPLASH THIS SUMMER!

**CLASSES AVAILABLE
FOR ALL AGES
AND LEVELS!!!**

Toddler Splash: For 3 - 5 year-olds with or without prior swim experience. This fun class uses a variety of games to get children comfortable with the water and introduces pool safety.

Level I/ Water Exploration: For the beginning swimmer. This class focuses on basic positions and movements in the water and advances students to unassisted swimming.

Level II/ Primary Skills: For the swimmer who can swim unassisted but only for short distances. This class covers unassisted floating and gliding, freestyle and backstroke, and also introduces bobbing and treading water.

Level III/ Stroke Readiness: For the swimmer who can demonstrate basic freestyle and backstroke. This class expands on previous concepts, focusing on proper technique with correct breathing and changing directions. It also introduces variations of the backstroke.

Level IV/ Perfecting Stroke: Designed for the swimmer with strong basic skills. Expands upon previous concepts including freestyle, backstroke, while adding breaststroke. Continues basic pool and water safety.

All classes emphasize pool and water safety and are led by American Red Cross- certified instructors.

50 - Minute Lessons Monday - Friday

\$50 Members • \$60 Non-members
(Family's 3rd child is 1/2 price)

All above classes are for those
15 and under. Adult classes and private
lessons available; call for details.

323-WELL (9355)

OCH HealthPlex
Wellness Connection



**Taught by
American Red
Cross-Certified
Instructors**

June 3 - 7
10:00 Toddler Splash
11:00 Level I & II
12:00 Toddler Splash
1:00 Level I & II
2:00 Level III & IV

June 10 - 14
10:00 Toddler Splash
11:00 Toddler Splash
12:00 Level I & II
1:00 Level I & II
2:00 Level III & IV

June 17 - 21
10:00 Level III & IV
11:00 Toddler Splash
12:00 Level I & II
1:00 Level I & II
2:00 Toddler Splash

June 24 - 28
10:00 Level I & II
11:00 Toddler Splash
12:00 Toddler Splash
1:00 Level I & II
2:00 Level III & IV

July 8 - 12
10:00 Toddler Splash
11:00 Level I & II
12:00 Level I & II
1:00 Level III & IV
2:00 Toddler Splash

July 15 - 19
10:00 Toddler Splash
11:00 Toddler Splash
12:00 Level I & II
1:00 Level I & II
2:00 Level III & IV

July 22 - 26
10:00 Level III & IV
11:00 Toddler Splash
12:00 Level I & II
1:00 Level I & II
2:00 Toddler Splash

July 2 - August 2
10:00 Toddler Splash
11:00 Level I & II
12:00 Toddler Splash
1:00 Level III & IV