

# ALDEN RECREATION AQUATICS PROGRAM



ALL SWIM CLASSES  
CANCELLED  
MEMORIAL DAY  
MAY 27TH

Classes Run 5 Weeks  
Mon. and Wed.  
Apr. 29 - June 1

## REGISTRATION DATES FOR SWIM:

- Saturday, April 6th 1-5 pm High School Pool
- Saturday, April 13th 1-5 pm High School Pool
- Wednesday, April 17th 6-9 pm High School Pool

The Alden Recreation Dept. is offering a comprehensive Swim Program this SPRING! Due to scheduled Pool and locker room renovations by our Alden Central School system the AHS Pool will be closed this Summer. We're working to Waterproof America- One wave at a time! Safety First- Fun Follows! Swim lessons and swim program activities are conducted by Ameri-swim instructors to Alden Aquatics Directors Pam Turton or Abby Blendowski Pool # 937-9116 x4100 or Recreation Dept. 937-7393. Staff will be available at registration to assist with proper learn to swim level placement. Lessons greatly enhance swim proficiency for Alden Central Sch. Phys. Ed. Swim sessions.

**Classes run 5 weeks Mon. and Wed. Apr. 29-June 1**  
**Classes Cancelled Memorial Day May 27th**  
**All Saturdays 1 - 5 pm Open/Family Swim thru June 1**

## Course Descriptions

Time	Days	Activities
5:00-5:45 pm	M & W	Levels 1, 2, 3, 4
6:00-6:45 pm	M & W	Levels 5, 6 Parent/Child Pre-school
7:00-7:45 pm	M & W	Aquacize, Private, deep end laps
7:45-9:00 pm	M & W	Lap Swim
1:00-5:00 pm	Sat.	Open/Family Swim

Only the American Red Cross offers six comprehensive course levels that teach participants how to swim skillfully and safely. Instructors follow a plan that details the skills to be introduced at ea. level along with performance expectations. Progress of participants is continuously monitored and evaluated and skills are checked off as they are achieved. Once all skills of a particular level are achieved, participants receive a completion certificate and move on to the next level. The updated course description:

**Level 1** Introduction to water skills: no flotation devices. Intro. to basic skills as the foundation for future skills. Certain milestones are necessary for successful completion of level 1, including: entering the water independently using ladder, steps or side, traveling at least 5 yards, bobbing 3 times then safely exiting the water, gliding on front 2 body lengths, rolling to a back float for 3 seconds with support and recovering to a vertical position, exhale underwater, submerge mouth, nose and eyes, alternating arm and leg action, safety topics.

**Level 2** Fundamental Aquatic Skills. Build on skills learned in Level 1. Some milestones include stepping from side into chest deep water, moving into a front float for 5 seconds, rolling onto front and back, pushing off and swimming using combined leg and arm action, floating, safety topics.

## Program Fees

- Lessons Levels 1-6.....\$25
- Open Swim/Family Swim: .....\$1 per day/person
- \*\* Young children w/parent/guardian in pool
- Lap Swim: ...\$3 per day/person or \$25 for 6 weeks
- Parent/child; Pre-School.....\$30
- Aquacize.....\$40
- Private .....\$50

## Kiddie Pool Schedule



July 1st thru Sept. 2nd  
Kiddie Pool will be  
OPEN  
Thurs., July 4th  
Open Daily 11-6pm  
(Weather Permitting)

Swim laps for personal fitness. Note additional pool times. Have a swimming fun summer Private One on one instruction, based upon the needs of swimmer. This may be an older child or adult in need of rehabilitation, to overcome fear or to have water fun.. Talk to Mrs. Turton. Aquacize: Instructor lead- Low impact exercise routine in the pool set to music. Walk, jog or dance shallow end. Benefits include cardiovascular endurance, muscular strength, flexibility and weight management. You'll feel absolutely terrific and your body will thank you! Water shoes recommended. Hand weights optional, dynabands provided. A minimum of 6 participants is necessary to run the class.

**Lap Swim** Swim laps for personal fitness. Note additional pool times. Have a swimming fun summer Private One on one instruction, based upon the needs of swimmer. This may be an older child or adult in need of rehabilitation, to overcome fear or to have water fun.. Talk to Mrs. Turton. Aquacize: Instructor lead- Low impact exercise routine in the pool set to music. Walk, jog or dance shallow end. Benefits include cardiovascular endurance, muscular strength, flexibility and weight management. You'll feel absolutely terrific and your body will thank you! Water shoes recommended. Hand weights optional, dynabands provided. A minimum of 6 participants is necessary to run the class.

**Parent and Child** Ages 9 mos. - 3 yrs. or until ready for Pre-School Aquatics or Level 1 Learn to Swim For very young to feel comfortable, use motor skills, learn safety. Adult must accompany child in water. Instructor leads skills according to child's age & ability. Use plastic swim pants as suit or under suit. Back bubbles may be used, bring your own or order at registration for \$10.00 at first class. Pediatrician's prior approval is recommended.

**Pre-School Aquatics (about 4-5 years) until ready for Level 1 Learn-to-Swim** Orient children to the aquatic environment and helps them gain basic aquatic skills. Enter water using ladder, steps or side, up to jumping in, blow bubbles, submerge mouth, nose, and eyes, open eyes and retrieve submerged objects, front and back glide, roll from front to back and back to front, alternating and simultaneous arm and leg action on front and back, combined arm and leg action, bobbing, treading, finning, age appropriate water safety topics. Progressive layered bubbles may be used. \$10 at registration.

**Level 6** Swimming and Skill Proficiency: Personal Water Safety & Fitness Swimmer. Continue to improve the quality and endurance of all 6 strokes learned throughout the 6 levels or Learn-to-Swim, prepare for more advanced courses like Lifeguarding and Water Safety Instructor, and learn some basics of specialized aquatic activities, such as competitive swimming or diving. Milestones: swimming 500 yards continuously using any 3 strokes of choice,, swimming 50 yards each stroke, performing a two part takeoff with a feet first and head first entry from a 1 meter diving board, safety.

**Level 5** Stroke Refinement. Refine performance in all strokes, front crawl, backstroke, butterfly, breaststroke, elementary backstroke, sidestroke, increase endurance, flip turns front and back, tuck and pike surface dives, submerge completely, standard scull, stride jump. Milestones include performing a shallow-angle dive into deep water, swimming all strokes in good form.

**Level 4** Stroke Improvement. Increases endurance by swimming familiar strokes (front crawl, elementary backstroke) for greater distances, build on the scissors kick and dolphin kick by adding arms for sidestroke and butterfly, backstroke, basics for turning at pool wall. Some milestones: front crawl and elementary backstroke for 25 yards, breaststroke for 15 yards, back crawl for 15 yards, open turns on front and back, safety.

**Level 3** Stroke Development (deep end). Child will learn: survival float, front crawl, elementary backstroke, scissors and dolphin kick, treading water, safety rules for headfirst entries, beginner diving. Some milestones include: jumping in deep water, swimming the front crawl for 15 yards, elementary backstroke, timed treading, proper breathing, safety skills.