

ALDEN RECREATION AQUATICS PROGRAM



**ALL SWIM CLASSES
CANCELLED
TUES., JULY 4TH**

REGISTRATION DATES FOR SWIM:

Wed., May 24th- 6:00-8:00 pm Community Center
Wed., May 31st- 6:00-9:00 pm Alden High School Pool
Sat., June 10th- 9:00 am- 12:00 pm Community Center

Welcome to a Summer of Fabulous Water Fun & Fitness! Providing your family with water safety skills to last a lifetime! "We're working to waterproof America - One wave at a time!" Swim lessons and swim program activities are conducted by American Red Cross Certified Lifeguards and Water Safety instructors. Please direct specific swim questions to Alden Aquatics Director Mrs. Pam Turton, 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. All programs run June 26-Aug. 4 exception of AM lessons.

AM SWIM LESSONS RUN MON.-FRI. AS FOLLOWS:

Session 1- June 26th- July 7th
Session 2- July 10th- July 21st
Session 3- July 24th- Aug. 4th

**CLOSED
TUESDAY, JULY 4TH**

Time	Days	Activities
8-10 am	M-F	Bullsharks Swim Practice
10-10:45 am	M-F	Learn to Swim (AM lessons) Levels 1-4
11-11:45 am	M-F	Learn to Swim (AM lessons) Levels 1-4
Noon-12:45	M-F	Learn to Swim (AM lessons) Levels 1-6
1-1:45 pm	M W	Private Lessons Pre School Aquatics Parent/Child Aquatics Synchro-dancing (deep end) Levels 5&6 (deep end)
2-4 pm	M-F	Open Swim young children w/parents or guardians
6-9 pm	M W	Family/Adult Lap Swim
5:30-6:30 pm	T Th	Learn to Swim (PM lessons) Levels 1-4
6:30-7:30 pm	T Th	Parent/Child Aquatics Pre School Aquatics Learn to Swim (PM lessons) Levels 5-6
7:30-8:30 pm	T Th	Aquasize Deep end laps

Course Descriptions

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 floatation devices.

Intro. to basic skills as the foundation for future skills. Certain milestones are necessary for successful completion of level1, 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 posi-

Program Fees

AM Swim Lessons Levels 1-6 per session	\$15
Open Swim/Lap Swim:	\$1 per day/person
Lap Swim:	\$3 per day/person
Parent/child; Pre-School.....	\$25
Alden Bullsharks Team.....	\$75
Aquasize.....	\$30
Private or Special Needs.....	\$40
Synchro/PM Lessons.....	\$25

tion, 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.

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.

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 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. Milestone include performing a shallow-angle dive into deep water, swimming all strokes in good form.

Level 6 Swimming and Skill Proficiency: Water Safety & Fitness Swimmer:

Continue to improve the quality of endurance of all 6 strokes learned throughout the 6 levels of Learn-to-Swim, prepare for more advanced courses and swim team. Milestones; swimming 500 yards continuously, swimming 50 yards each stroke.

Pre-School Aquatics

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

NEW Pre-School Aquatics (about 4-5 years) until ready for Level 1 Learn-to-Swim

Orients 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 are and leg action, bobbing, treading, finning, age appropriate water safety topics. Progressive layered bubbles may be used. \$10 at registration.

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.

Lap Swim

Swim laps for personal fitness. Note additional pool times. Have a swimming fun summer!

Private or Special Needs

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.

Synchro- dancing

Deep end skills required. Dependent on interest.

Alden Bull Sharks Recreational Swim Team:

Open for ages 6 and up who have completed Red Cross level 3 or comparable skills onto highly competitive levels through 18 years old. Practice Mon.-Fri. 8-10 am for 6 week program (need not be at every practice) will adjust for age and skill level if needed. One in-house and one away meet at season end. More info at Registration.



Kiddie Pool Schedule

June 26th-Sept. 4th

Kiddie Pool will be OPEN Tues., July 4th

Open Daily 11-6pm (Weather Permitting)