

ALDEN RECREATION AQUATICS PROGRAM



**** PLEASE **
NOTE CHANGE IN
SCHEDULE**

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. Swim programs will resume in the Fall. We're working to Waterproof America- One wave at a time! Safety First- Fun Follows!

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.

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 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.

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, 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, 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

Orients children to the aquatic environment and helps them gain basic aquatic skills. All skills parallel to Level 1 Learn-to-Swim with the support of a progressive layered bubble. Progressive Layered bubbles \$10 at registration.

Parent and Child Ages 9 mos. - 3 yrs.

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. Pediatrician's prior approval is recommended.

Lap Swim

Swim laps for personal fitness. ** Note time changes

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 etc. Talk to Mrs. Turton for details.

Diving

Basic forms, perfecting board dives to competitive levels.

Alden Bull Sharks Swim Team:

Alden Bull Shark Swim Team- ABST- is currently a Recreation sWim Team with trained Coaches and Life3guards helping swimmers improve storkes, speed and endurance. Must be Level 3 swimmer or equivalent for Swim Team. Great opportunity for older swim team students or younger swimmers interested in competition.



Schedule subject ot change depending on registration per class.

Session 1-
Mon., April 25th thru Sat., May 14th

Session 2-
Mon., May 16th thru Sat., June 11th

Time	Days	Activities
5-5:45 pm	M&W	Level- 1,2,3,4,5,6
6-6:45 pm	M&W	Parent/Child
6-6:45 pm	M&W	Pre-School
6-6:45 pm	M&W	Private
6-8 pm	M&W	ABST- Alden Bullshark Swim Team
7-9 pm	M&W	Laps
11-11:45 am	Sat.	Level- 1,2,3,4
11-11:45 am	Sat.	Private
12-2 pm	Sat.	Level- 5&6
12-2 pm	Sat.	ABSTeam
2-3 pm	Sat.	Aquasize-water aerobics, diving
2-5 pm	Sat.	Family/Open Swim

REGISTRATION DATES

Alden High School Pool

Sat., Apr. 9th 1-4 pm

Mon., Apr. 11th- 5-9 pm

Mon., May 9th- 5-9 pm for Session 2 or at Pool when open

Kiddie Pool Schedule



June 27th- Sept. 5th

Kiddie Pool will be OPEN Mon., July 4th

Open Daily 11-6pm

** Parents must supervise their children at all times.*

Program Fees

Lessons per session.....	\$10
Family/Open:	\$10 per session or \$15 for both
Lap Swim:	\$15 per session or \$25 for both
ABST	\$30 per session or \$50 for both
Aquasize.....	\$15
Diving.....	\$15 per session or \$25 for both
Private per session	\$25