

Alden Recreation Aquatics Program

Summer 2022

Welcome to a Summer of Fabulous Water Fun & Fitness! Providing your family with water safety skills to last a lifetime! Swim lessons and swim program activities are conducted by American Red Cross Certified Lifeguards and Water Safety Instructors. Please direct specific swim questions to Abby Blendowski, Aquatics Supervisor 585- 409-6979 or Recreation Dept 716-937-7393. Staff will be available at registration to assist with proper learn-to-swim level placement. All programs run July 5th - August 12th.

SWIM LESSONS RUN MON-FRI AS FOLLOWS:

Session I: 7/5-7/15	Session II: 7/18-7/29
Session III: 8/1-8/12	

Time.	Days.	Activities
7-9:30am.	T,W, Th	Alden Swim Clinic
10-10:45	M-F	Learn to Swim Lessons 1-4
11-11:30	T W Th	Preschool (Kiddie Pool)
12-1pm	M	Aquacise
12-12:30pm	Th.	Parent/Child lessons
12-12:30pm	T	Private Lessons
1-4pm	M T	Open/Lap Swim
12-3pm	W F	Open/Lap Swim
1-3pm	Th.	Senior swim only

Course Descriptions

Instructors follow a plan that details the skills to be introduced at each 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 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 Fundamentals Aquatic Skills

Build on skills learned in Level 1. Some milestones include stepping from side into chest deep water, moving into a 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, 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

Increase 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.

Pre-School Aquatics (about 4-5 years) until ready for Level 1

Kiddie Pool- Orient children to aquatic environment and help gain basic aquatic skills. Entering water, blow bubbles, submerge mouth, nose, and eyes: open eyes to retrieve objects. Arm and leg action.

Parent and Child Ages 9 mos-3 yrs or until ready for Preschool/Level 1

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 and ability. Use plastic swim undersuit. Back bubbles may be used, must provide your own. 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 Abby Blendowski

Aquacise:

In this program, participants regardless of age, are welcome to join this low-impact program, but your heart will definitely be pumping.

Senior Swim:

Open swim available to ages 55+

Alden Swim Clinic:

Open for ages 10-18, who have completed Red Cross level 3 to comparable skills onto highly competitive levels. Practice Tues, Wed, Thurs 7-9:30am for 6 week program (need not be at every practice) will adjust for age and skill levels needed. More info at Registration.

Program Fees

Swim Lessons Level 1-4	\$20 per session
Open Swim	\$1.00 per day/per person
Lap Swim	\$3.00 per day/per person
Parent/Child; Pre-School	\$25 per session
Alden Swim Clinic 6wks	\$75
Aquacise 6wks	\$30
Private or Special Needs 6 wks	\$40

Kiddie Pool Schedule

June 27th-August 28th

Open Daily 11:30am-5:30pm (weather permitting)

Kiddie Pool will be closed July 4th, and July 29th, 30th, & 31st