



# Swimming & Diving Lessons

as of **December 6, 2017**

Swim Center at Westminster School, LLC  
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## Waterbabies 1/2

|                 |                |                                  |
|-----------------|----------------|----------------------------------|
| <b>Monday</b>   | <b>9:45 AM</b> | <b>12/4 – 12/18<sup>^</sup></b>  |
| Monday          | 9:45 AM        | 1/22 – 2/26                      |
| <b>Saturday</b> | <b>8:45 AM</b> | <b>12/2 – 12/30<sup>**</sup></b> |
| Saturday        | 8:45 AM        | 1/6 – 2/10                       |

## Prebeginner 1

|                 |                 |                                  |
|-----------------|-----------------|----------------------------------|
| <b>Monday</b>   | <b>10:15 AM</b> | <b>12/4 – 12/18<sup>^</sup></b>  |
| Monday          | 10:15 AM        | 1/22 – 2/26                      |
| Monday          | 5:45 PM         | 1/8 – 2/12                       |
| <b>Saturday</b> | <b>9:15 AM</b>  | <b>12/2 – 12/30<sup>**</sup></b> |
| Saturday        | 9:15 AM         | 1/6 – 2/10                       |

## Prebeginner 2/3

|                 |                 |                                  |
|-----------------|-----------------|----------------------------------|
| <b>Monday</b>   | <b>11:00 AM</b> | <b>12/4 – 12/18<sup>^</sup></b>  |
| Monday          | 11:00 AM        | 1/22 – 2/26                      |
| Monday          | 6:30 PM         | 1/8 – 2/12                       |
| Tuesday         | 5:45 PM         | 12/19 – 1/23                     |
| <b>Saturday</b> | <b>10:00 AM</b> | <b>12/2 – 12/30<sup>**</sup></b> |
| Saturday        | 10:00 AM        | 1/6 – 2/10                       |

## **Winter Swim Clinic-Strokes, Fitness, & Fun!\***

**January 3<sup>rd</sup> – March 26<sup>th</sup>**

|                   |                                      |
|-------------------|--------------------------------------|
| <b>Mondays</b>    | <b>5:30 – 6:15 PM</b> (intermediate) |
|                   | <b>6:15 – 7:15 PM</b> (advanced)     |
| <b>Wednesdays</b> | <b>5:45 – 6:30 PM</b> (intermediate) |
|                   | <b>6:30 – 7:30 PM</b> (advanced)     |
| <b>Saturdays</b>  | <b>8:15 – 9:00 AM</b> (intermediate) |
|                   | <b>9:00 – 10:00 AM</b> (advanced)    |

**Intermediate - \$150/Program Pass \$175**

**Advanced - \$180/Program Pass \$210**

(price for Mon. OR Wed. OR Sat. program)

see Stroke Clinic flyer for more details

10% discount if registered for any 2 or more days for ages 7-17

**\*Program Fee prorated for late registrations**

**Holiday Clinic Runs Through December 30\***

## Level 1

|                 |                 |                                  |
|-----------------|-----------------|----------------------------------|
| Thursday        | 5:45 PM         | 12/7 – 1/11                      |
| Thursday        | 5:45 PM         | 1/18 – 2/22                      |
| <b>Saturday</b> | <b>10:45 AM</b> | <b>12/2 – 12/30<sup>**</sup></b> |
| Saturday        | 10:45 AM        | 1/6 – 2/10                       |

## Level 2

|                  |                 |                                  |
|------------------|-----------------|----------------------------------|
| Tuesday          | 6:30 PM         | 12/19 – 1/23                     |
| <b>Wednesday</b> | <b>5:00 PM</b>  | <b>11/29 – 1/3*</b>              |
| Wednesday        | 5:00 PM         | 1/10 – 2/14                      |
| <b>Saturday</b>  | <b>10:45 AM</b> | <b>12/2 – 12/30<sup>**</sup></b> |
| Saturday         | 10:45 AM        | 1/6 – 2/10                       |

## Level 3

|                  |                 |                                  |
|------------------|-----------------|----------------------------------|
| <b>Wednesday</b> | <b>5:45 PM</b>  | <b>11/29 – 1/3*</b>              |
| Wednesday        | 5:45 PM         | 1/10 – 2/14                      |
| <b>Saturday</b>  | <b>10:00 AM</b> | <b>12/2 – 12/30<sup>**</sup></b> |
| Saturday         | 10:00 AM        | 1/6 – 2/10                       |

## Level 4

|                  |                 |                                  |
|------------------|-----------------|----------------------------------|
| <b>Wednesday</b> | <b>6:30 PM</b>  | <b>11/29 – 1/3*</b>              |
| Wednesday        | 6:30 PM         | 1/10 – 2/14                      |
| <b>Saturday</b>  | <b>11:30 AM</b> | <b>12/2 – 12/30<sup>**</sup></b> |
| Saturday         | 11:30 AM        | 1/6 – 2/10                       |

## Level 5/6

|          |         |             |
|----------|---------|-------------|
| Thursday | 6:30 PM | 1/18 – 2/22 |
|----------|---------|-------------|

## US Masters Swimming

see Masters flyer for fall schedule

## Lifeguard Training & Lifeguard Instructor

Next classes starting in January, please call for more info

\*Lesson fee prorated for classes/clinics already started - in bold

\*\*5 Class Session, ^Holiday Mini-Session, Lesson Fee Prorated

**GROUP SWIM LESSONS: Six, 35-40 minute lessons** (Waterbabies 30 minutes)

**Swim Center Members \$59, Program Pass Participants \$69**

**Program Pass is valid for one year - \$39 individual, \$49 family - Fee is non-refundable**

**REFUND POLICY:** Class fees credited only if you cancel more than five days prior to the start of the session, or for low or over-enrollment.

**MAKE-UP POLICY:** Every effort should be made to attend each class, since no make-up or substitute classes are available.

**PRIVATE LESSONS** also available! One-on-one, any skill level, by appointment at a time convenient for you.

Please call for more info! Group Swim Lesson space is limited – Call now to register!



SCW's "in-house" programs have been developed to best meet our members' and program pass participants' varying needs. Red Cross courses follow the Red Cross progression and certificates are awarded upon completion of the required skills at each level at the request of the member. Our professional, well-trained staff is on hand to ensure safety at all times. Our goal is to create a friendly, healthy environment in which students can enjoy learning how to swim.

### **RED CROSS CLASSES (Age requirement 5 or older)**

**LEVEL I--"Introduction to Water Skills"** This class starts at the very beginning for children who are at least 5 years old. All the basic skills are covered: supported floats, kicking, blowing bubbles, putting face and head under water, "reaching and pulling", and assists.

**Prerequisite:** 5 years old.

**LEVEL II--"Introduction to Water Skills"** Continued work on the basic crawl and backstroke without support: floating, kicking, bobbing, and an introduction to rescue skills. **Prerequisite:** Front and Back floats; Beginner stroke (5 yds.), and swim on back (5 yds.) deep water exploration.

**LEVEL III--"Fundamental Aquatic Skills"** The crawl and backstroke are emphasized. Arm action and kick for 15 yards, kneeling dives, introduction to elementary backstroke and butterfly, treading water, and safety skills. **Prerequisites:** crawl stroke with face in water (15 yds.), float or tread for 30 seconds, backstroke (15 yds.)

**LEVEL IV--"Stroke Improvement"** Includes refinement of both crawl strokes and elementary backstroke; Introduction to new strokes: breaststroke, sidestroke and butterfly kick. **Prerequisites:** Crawl stroke (25 yds.) and backstroke (25 yds.); elementary backstroke (15 yds.), breaststroke (15 yds.), treading water (1 min.) and back float/ scull (1 min.)

**LEVEL V-- "Stroke Refinement"** Students continue to refine new strokes, front and back crawl, increase in distance; diving. **Prerequisites:** Crawl stroke (50 yds.), back crawl (50 yds.), Sidestroke, breaststroke, and elementary backstroke (each 25 yds.), tread water (2 min.) and float/scull (2 min.)

**LEVEL VI--"Advanced Skills"** Students will swim using all the strokes (front and back crawl, butterfly, breaststroke, elementary backstroke, and sidestroke) with more ease, efficiency, power and smoothness over greater distances. **Prerequisites:** Crawl stroke (100 yds.), back crawl (100 yds.), Sidestroke, breaststroke, and elementary backstroke (each 50 yds.), tread water (2 min.) and float/scull (2 min.) .

**LIFEGUARD TRAINING** Red Cross's standard training for all lifeguards. This course includes First Aid and CPR/AED for the Professional Rescuer training. **Prerequisite:** Age 15 and pass pre-course swim test. (Approx. 30 hr. course).

**WATER SAFETY INSTRUCTOR** Students learn the basic skills required to teach the Red Cross classes (Level I-VI). **Prerequisite:** Age 16 by the last day of the course, hold a FIT certificate issued in the last year and pass a skills screening test. (Approx. 35 hr. course)

### **SWIM CENTER "In-House" CLASSES**

**WATERBABIES 1/2** Parent & child class designed to acclimate the child to the water environment through use of equipment and appropriate safety skills. Fundamentals including stomach and back positions, kicking, and blowing bubbles are introduced. Age: 6 months – 3 yrs (**WB 2 ages 2-3 yrs.**).

**PRE-BEGINNER I** A first-time group experience without parent. Work toward independent performance of the basic skills including body positions, kicking, reaching and pulling, submerging, and breath control. **Prerequisite:** Students must be able to take and follow directions. Recommend age 3-4 yrs.

**PRE-BEGINNER II** Continues to reinforce the basic skills but with little or no instructor assistance. Emphasis is placed on crawl stroke (including arm action and kick) and floats. Intro to rhythmic breathing and kneeling dives. **Prerequisites:** Students should be comfortable putting their head fully under water while blowing bubbles and floating on back and front with support. Recommend age 3-4 yrs.

**PRE-BEGINNER III** Reinforces basic skills and introduces new strokes. Designed for children with advanced swimming skills but too young to enter the Red Cross program. **Prerequisite:** must be able to swim under and above water, and float on back and front without support. Recommend age 3-4 yrs.

**SPECIAL NEEDS:** For any child with special needs wanting to learn basic swimming skills. **Prerequisites:** None.  
**Requirements:** Adult accompaniment.

**ADULT BEGINNER:** Designed for adults either uncomfortable around the water or with little or no experience in the water. A gradual, individual pace emphasizes comfort & safety while learning floats and independent swimming

**ADULT INTERMEDIATE:** For adults who are able to swim but want to swim "better." This course expands upon basic concepts and develops proper stroke technique for front crawl as well as other strokes.

**U. S. MASTERS SWIMMING** US Masters is an international organization for adult competitive swimming. Coached workouts offered at varying times, please see separate flyer for days & times. Competition is *not* required. Ages 19 and up.

### **SPRINGBOARD DIVING**

**BEGINNING DIVING:** Students work on the five compulsory dives: front, back, front with half-twist, inward, and reverse. Prerequisite: Level IV swimming skill level. Age 8 to adult.

**LESSON NOTES:** Classes are 35-40 minutes long unless otherwise noted (Waterbabies classes 30 minutes). Safety skills are covered in all classes to varying degrees.

- **REFUND POLICY:** Class fees will be refunded **only** if you cancel five days prior to the start of the class, or in the case of low/over-enrollment
- **MAKE-UP POLICY:** **Every effort should be made to attend each class, since make-up or substitute classes are not available.**
- Disposable diapers are not allowed in the pool. Rubber pants or non-disposable "swim diapers" (available at the front desk) are required.