

#WeEmpowerLife

Swim
Lesson
Registration
Begins May 8

Swim Lessons

The Channahon Park District teaches swim lessons based on the American Red Cross Learn to Swim Curriculum. Weekday Swim Lessons meet for 40 minutes Monday through Thursday for 2 weeks. Sunday lessons meet for 40 minutes for 8 consecutive Sundays.

Swim Lessons are NEVER canceled. Water Safety lessons will be taught indoors at Arrowhead Community Center in the event of inclement weather.

A mandatory parent meeting will be held on the first day of each new session by our lesson coordinator to address common parent questions.

Registration Information

Register by the Friday prior to the first class of the session your child will attend. Class sizes are limited, please register early. Most children take each level at least 2 times to master the skills necessary to pass each level. Please do not register for more than 2 sessions at a time.

Parent Tot

Min/Max: 5/15

30 minute lessons

Fee/Res Discount: \$53/\$41

Levels: PreK-Level 6

Min/Max: 3/12

40 minute lessons

Fee/Res Discount: \$70/\$54

Private

40 minute lessons

Fee/Res Discount: \$186/\$134

SemiPrivate

\$55 for additional person of similar ability

Refunds

Refunds must be submitted by the Thursday prior to the first class of the session your child was to attend. Medical situations require a doctor's note and will be assessed on a case by case basis.

Swim Lesson FAQ's can be found at
www.ChannahonPark.org/tomahawk-aquatic-center/

In order to provide the best experience possible, we ask that you please review the following levels and select the best possible level for your child. The staff will adjust participants up or down one level only as necessary.

Parent Tot

Ages 6 to 42 months

Parents and tots are introduced to the water through fun and playful activities. Games and songs are an integral part of this class. Parent:Child ratio is 1:1. 30 minute class.

Preschool

Ages 42 month-5 years

Designed for the preschool swimmer, this level encourages young swimmers to be comfortable in and around the water. Games and songs are used in teaching supported floating, kicking, front arm movements, and various water safety skills. Instructor:child ratio is 1:4.

Level 1 – Introduction to Aquatic Skills

Ages 6 years & up or completed preschool level

Level one teaches new swimmers going under water, opening eyes under water, supported and unsupported floating and kicking, exhaling under water, beginning arm movements and more. Reaching and extension assists are among the Red Cross safety skills taught. Instructor:child ratio is 1:5.

Level 2 – Fundamental Aquatic Skills

Ages 6 years & up or completed level 1

In this level swimmers will learn supported and unsupported floating and kicking, rhythmic breathing, front crawl movements and beginning back crawl movements. Reaching and extension assists are among the Red Cross safety skills taught. Instructor:child ratio is 1:5.

Level 3 – Stroke Development

Ages 6 years & up or completed Level 2

Level 3 emphasizes improving front crawl stroke, coordinating back crawl and learning the elementary back stroke. Butterfly kick and survival skills are taught here. Instructor:child ratio is 1:5.

Level 4 – Stroke Improvement

Ages 6 years & up or completed Level 3

Breaststroke and butterfly are introduced. Front and Back Crawl as well as elementary back stroke are perfected. Develops confidence in skills learned and improves other aquatic skills. Instructor:child ratio is 1:6.

Level 5 – Stroke Refinement

Ages 6 years & up or completed Level 4

A technical review of front crawl, back crawl, elementary backstroke, breast stroke and sidestroke is conducted. Butterfly stroke flip turns and surface dives are introduced. Instructor:child ratio is 1:6.

Level 6 – Skill proficiency

Ages 6 years & up or completed Level 5

Refines the strokes so students swim them with ease, efficiency, and power for greater distances. Level 6 options include personal safety, fitness, and lifeguard readiness. Instructor:child ratio is 1:6.

Private Swim Lessons

Swimming is an important life skill that all children and adults should have the opportunity to learn. Private swim lessons are the perfect opportunity to get one on one attention. Whether afraid of the water or advanced for his/her age, the instructor will adjust the swim lesson to suit the participant's needs. Semi private swim lessons are available for youth of similar age and ability.

Swim Lesson Schedule

Swim Lessons are an investment in the only sport that has the ability to save your child's life!



Morning Sessions	SESSION 1 June 14-24 Mon-Thurs	SESSION 2 June 28-July 8 Mon-Thurs	SESSION 3 July 12-22 Mon-Thurs	SESSION 4 July 26-Aug 5 Mon-Thurs	SUNDAY SESSION June 13-Aug 8**
9:30-10:10 AM	Preschool Level 1 Level 2 Level 3 Level 5 Level 6 Private	Preschool Level 1 Level 2 Level 3 Level 5 Level 6 Private	Preschool Level 1 Level 2 Level 3 Level 5 Level 6 Private	Preschool Level 1 Level 2 Level 3 Level 5 Level 6 Private	Preschool Level 1 Level 4 Level 5/6 Parent/Tot Private
10:20-11:00 AM	Preschool Level 1 Level 2 Level 3 Level 4 Private	Preschool Level 1 Level 2 Level 3 Level 4 Private	Preschool Level 1 Level 2 Level 3 Level 4 Private	Preschool Level 1 Level 2 Level 3 Level 4 Private	Preschool Level 1 Level 2 Level 3 Parent/Tot Private
11:10-11:50 AM	Preschool Level 1 Level 2 Level 3 Level 4 Parent/Tot Private	Preschool Level 1 Level 2 Level 3 Level 4 Parent/Tot Private	Preschool Level 1 Level 2 Level 3 Level 5 Parent/Tot Private	Preschool Level 1 Level 2 Level 3 Level 6 Parent/Tot Private	
Evening Sessions	SESSION 1 June 14-24 Mon-Thurs	SESSION 2 June 28-July 8 Mon-Thurs	SESSION 3 July 12-22 Mon-Thurs	SESSION 4 July 26-Aug 5 Mon-Thurs	
5:00-5:40 PM	Preschool Level 1 Level 2 Level 3 Level 4 Private	Preschool Level 1 Level 2 Level 5 Level 6 Parent/Tot Private	Preschool Level 1 Level 2 Level 3 Level 4 Private	Preschool Level 1 Level 2 Level 5 Level 6 Parent/Tot Private	
5:45-6:25 PM	Preschool Level 1 Level 2 Level 5 Level 6 Parent/Tot Private	Preschool Level 1 Level 2 Level 3 Level 4 Private	Preschool Level 1 Level 2 Level 5 Level 6 Parent/Tot Private	Preschool Level 1 Level 2 Level 3 Level 4 Private	

*Parent/Tot Classes are 30 minutes

**No Class July 4