

# Tomahawk Aquatic Center

## 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-Thursday, Saturday lessons meet for 40 minutes for 8 consecutive Saturdays.

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

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

### Registration Information

Read each level's description and register for what seems most appropriate for your child's abilities. Class size is limited and it's important that children are placed as accurately as possible. Most children require 2 times at each level to master the skills necessary to pass each level. Please do not register for more than 2 sessions at a time.

<b>Parent Tot</b>	30-minute lessons
<b>Min/Max:</b> 5/15	<b>Fee/ResDisc:</b> \$54/\$42
<b>Levels PreK-Level 6</b>	40-minute lessons
<b>Min:</b> 3	<b>Fee/ ResDisc:</b> \$72/\$56
<b>Private Lessons</b>	40-minutes
	<b>Fee/ResDisc:</b> \$188/\$136
<b>Semi-Private Lessons</b>	\$60 for additional person of similar ability
<b>Preseason</b>	40-minutes
<b>Private Lessons</b>	<b>Fee/ResDisc:</b> \$94/\$68
<b>Semi-Private Lessons</b>	\$30 for additional person of similar ability

Refund requests 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.

To provide the best experience possible, we ask that you please review the following levels and select the most accurate fit for your child. Our swim lesson staff will adjust participants as needed based on availability.

### Parent Tot

*Age 6-42 months with adult*

This introduction to the water class focuses on adjusting to the water environment through fun and playful activities. Skills worked on are: showing comfort while maintaining a front or back position in the water and demonstrating breath control (i.e., blowing bubbles or voluntarily fully submerging under water). Parent and Child Aquatics provides parents with information and techniques to create safer aquatic experiences for their children. Parent: Child ratio is 1:1

### Preschool

*Age 42 months to 5 years*

Preschool Aquatics Level 1 is designed to orient young preschool children to the aquatic environment and to help them gain basic aquatic skills at the most rudimentary levels. It also helps children develop comfort in, on and around water with assistance. Preschool lessons are the first steppingstone to developing the swimming skills and knowledge needed to be successful in and around the water. Games and songs are used in teaching supported floating, kicking, front arm movements and more. Instructor: Child ratio is 1:4

### Level 1

Level 1 introduces basic aquatic skills, which participants continue to build on as they progress through Learn to Swim. Participants start developing positive attitudes, effective swimming habits and safe practices in and around the water. Swimmers will work on going under the water, opening their eyes under water, supported and unsupported floating, kicking, and exhaling under water. Instructor/Child ratio is 1: 5

### Level 2

This level marks the beginning of true locomotion skills. All skills are done without support in chest deep water. Foundation for further stroke development is laid with unsupported floating, kicking, rhythmic breathing, front crawl movements. Instructor/Child ratio is 1: 5

### Level 3

Participants improve front crawl stroke, coordinating back crawl and learning the elementary back stroke. Butterfly kick and survival floating skills are taught in this level. Instructor/Child ratio is 1: 5

### Level 4

Participants improve their aquatic skills and increase their endurance by swimming the strokes learned in Level 3, for greater distances and with more advanced proficiency. Participants add arm actions to the previously learned scissors kick and breaststroke kick to perform sidestroke and to learn the breaststroke. Instructor/Child ratio is 1: 5

### Level 5

Participants refine their performance of all five strokes and increase the distances that they swim. Butterfly stroke, flip turns, and surface dives are introduced. Instructor/Child ratio is 1: 6

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Please note: Swim Lesson schedule has changed after going to print.  
Schedule below is up to date as of March 21, 2022.

## Swim Lessons

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

Morning Sessions	PRESEASON Private Lessons June 6-9 Mon-Thurs	SESSION 1 June 13-23 Mon-Thurs	SESSION 2 June 27-July 7* Mon-Thurs	SESSION 3 July 11-21 Mon-Thurs	SESSION 4 July 25-Aug 4 Mon-Thurs	SATURDAY SESSION June 11-July 30
9:30-10:10 AM		Level 1 Level 2 Level 3 Level 4 Level 5 Private	Level 1 Level 2 Level 3 Level 4 Level 5 Private	Level 1 Level 2 Level 3 Level 4 Level 5 Private	Level 1 Level 2 Level 3 Level 4 Level 5 Private	Preschool Level 1 Level 2 Level 3
10:20-11:00 AM		Preschool Level 1 Level 2 Level 3 Level 4 Level 5	Preschool Level 1 Level 2 Level 3 Level 4 Level 5	Preschool Level 1 Level 2 Level 3 Level 4 Level 5	Preschool Level 1 Level 2 Level 3 Level 4 Level 5	Parent/Tot Preschool Level 1 Level 2 Level 3 Level 4
11:10-11:50 AM	Private	Parent/Tot Preschool Level 1 Level 2 Level 3 Level 4 Level 5 Private	Parent/Tot Preschool Level 1 Level 2 Level 3 Level 4 Level 5 Private	Parent/Tot Preschool Level 1 Level 2 Level 3 Level 4 Level 5 Private	Parent/Tot Preschool Level 1 Level 2 Level 3 Level 4 Level 5 Private	
Evening Sessions	PRESEASON Private Lessons June 6-9 Mon-Thurs	SESSION 1 June 13-23 Mon-Thurs	SESSION 2 June 27-July 7* Mon-Thurs	SESSION 3 July 11-21 Mon-Thurs	SESSION 4 July 25-Aug 4 Mon-Thurs	
5:00-5:40 PM		Preschool Level 1 Level 2 Level 3 Level 4 Private	Parent/Tot Preschool Level 1 Level 2 Level 5 Private	Preschool Level 1 Level 2 Level 3 Level 4 Private	Parent/Tot Preschool Level 1 Level 2 Level 5 Private	
5:45-6:25 PM	Private	Parent/Tot Preschool Level 1 Level 2 Level 5 Private	Preschool Level 1 Level 2 Level 3 Level 4 Private	Parent/Tot Preschool Level 1 Level 2 Level 5 Private	Preschool Level 1 Level 2 Level 3 Level 4 Private	

\*No Class July 4