

# Youth & Teens

## 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 coordinators to answer 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> <b>Min/Max:</b> 5/15	30-minute lessons <b>Fee/ResDisc:</b> \$60/\$48
<b>Levels Pre K-Level 6</b> <b>Min:</b> 3	40-minute lessons <b>Fee/ResDisc:</b> \$80/\$64
<b>Private Lessons</b>	40 minutes <b>Fee/ResDisc:</b> \$200/\$144
<b>Semi-Private Lessons</b>	\$80 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.

## Special Needs - See page 44

### Parent Tot

*Ages 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

*Ages 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: 4

### 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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## Swim Lesson FAQs:



- All Swim lessons are held Monday through Thursday unless otherwise noted.
- All group swim lessons are inclusive, however we also offer special needs swim lessons. Information for Special Needs Swim Lessons can be found on page 44.
- Day Camp participants should register for the 9:30 AM time slot of swim lessons.

Morning Swim Lessons	Session 1 June 3-13 M-TH	Session 2 June 17-27 M-TH	Session 3 July 8-18 M-TH	Session 4 July 22-Aug 1 M-TH	Saturday Session June 8-July 27
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	
10:20-11:00 AM	Preschool Level 1 Level 2 Level 3 Level 4 Special Needs	Preschool Level 1 Level 2 Level 3 Level 4 Special Needs	Preschool Level 1 Level 2 Level 3 Level 4 Special Needs	Preschool Level 1 Level 2 Level 3 Level 4 Level 5 Private	Parent/Tot Preschool Level 1 Level 2 Level 3
11:10-11:50 AM	Parent/Tot Preschool Level 1 Level 2 Level 3 Level 4 Private	Preschool Level 1 Level 2 Level 3 Level 4 Level 5 Private	Parent/Tot Preschool Level 1 Level 2 Level 3 Level 4 Private	Preschool Level 1 Level 2 Level 3 Level 4 Level 5 Private	Parent/Tot Preschool Level 1 Level 2 Level 3 Level 4
Evening Swim Lessons	Session 1 June 3-13 M-TH	Session 2 June 17-27 M-TH	Session 3 July 8-18 M-TH	Session 4 July 22-Aug 1 M-TH	
5-5:40 PM	Preschool Level 1 Level 2 Level 3 Level 4 Level 5 Private Special Needs	Parent/Tot Preschool Level 1 Level 2 Level 3 Level 4 Private Special Needs	Preschool Level 1 Level 2 Level 3 Level 4 Level 5 Private Special Needs	Parent/Tot Preschool Level 1 Level 2 Level 3 Level 4 Private	
5:45-6:25 PM	Parent/Tot Preschool Level 1 Level 2 Level 3 Level 4 Private	Preschool Level 1 Level 2 Level 3 Level 4 Level 5 Private	Parent/Tot Preschool Level 1 Level 2 Level 3 Level 4 Private	Preschool Level 1 Level 2 Level 3 Level 4 Level 5 Private	