

Maslowski Wellness & Research Center

Swim Lesson Registration

Summer 2024

Sessions: 2 weeks/Monday-Thursday (8 total classes)

Registration will begin Monday, April 1st, 2024

(Registration will remain open until classes are full. Schedule is subject to change)



MASLOWSKI
WELLNESS AND RESEARCH CENTER

Morning Lessons - SESSION 1 June 3rd-13th or SESSION 3 July 8th-18th

8am-9am	9am-10am	10am-11am	11am-12pm	12pm-1pm
Preschool Aquatics	Parent/Child Aquatics	Preschool Aquatics	Preschool Aquatics	Private Lessons T/Th
Level 1	Level 1	Level 1	Level 1	
Level 2	Level 2	Level 2	Level 4	
Level 3	Level 3	Level 4	Level 5/6	

Afternoon/Evening Lessons - SESSION 2 June 17th-27th or SESSION 4 July 22nd-August 1st

4pm-5pm	5pm-6pm	6pm-7pm	7pm-8pm
Private Lessons T/Th	Preschool Aquatics	Parent/Child Aquatics	Level 3
	Level 1	Preschool Aquatics	Level 4
	Level 2	Level 1	Level 5/6
	Level 3	Level 2	

Registration Fees- Per Session

Group Lessons – 8, 50 minute class			Private Lessons - 4, 50 minute class All private classes are Tuesday and Thursday only	
# of participants	Member	Non-Member	Member	Non-Member
1	\$55	\$60	\$75	\$80
2	\$110	\$120	\$150	\$160
3	\$165	\$180		
4+	\$220	\$240		

Please fill out the registration form attached to the back of this packet and turn it into the facility front desk with a form of payment. You will receive a confirmation email from the facility within 2-4 days.

General Swim Lesson Information

Swim Lesson Age Guidelines

- Parent/Child Aquatics: 6 months-3yrs
- Preschool Aquatics: 4-5yrs
- Learn To Swim: 6yrs

*A child may participate above its age group if previously passing the age appropriate class

*Swim Lesson Instructors hold the right to move a child to a different class level upon 1st day of class observation

Swim Lesson Attire

- Proper swimsuit
- Towel
- Long hair tied back
- Nose/ear plugs if necessary
- Swim Diaper when necessary

Group Swim Lessons

Group classes will be held with a 3 participant minimum and have a maximum capacity of 10. Be sure to sign up right away, all will be served at a 1st come, 1st served basis. Below is a brief description of each level, as well as age guidelines. Age guidelines are set by the American Red Cross, for the safety and best interest for all swimmers in each class. A child may be signed up for a class outside of age requirements if previously passing the age appropriate class.

Parent/Child Aquatics

Parents and children learn together to increase a child's comfort level in the water and build a foundation of basic skills, such as arm and leg movements and breath control. This level is fun-filled and helps introduce water safety concepts, encouraging a healthy recreational habit that your entire family can enjoy.

- Learn to ask for permission before entering the water.
- Learn how to enter and exit the water in a safe manner.
- Feel comfortable in the water.
- Explore submerging to the mouth, nose and eyes and fully submerging.
- Explore buoyancy on the front and back position.
- Change body position in the water.
- Learn how to play safely.
- Experience wearing a U.S. Coast Guard-approved life jacket.
- Plus age-appropriate water safety topics.

Preschool Aquatics

Children ages 4-5 are taught basic aquatic safety and swimming skills, all the while increasing their comfort level in and around the water. Skills are age-appropriate, helping children achieve success on a regular basis and enjoy social interactions with other children. As in all Swimming and Water Safety courses, your child will always know that it's safety first. This level orientates children to the aquatic environment and helps them gain basic aquatic skills.

- Enter and exit water using ramp, steps or side

- Blow bubbles through mouth and nose
- Submerge mouth, nose and eyes
- Open eyes underwater and retrieve submerged objects
- Front and back glide and recover to a vertical position
- Back float
- Roll from front to back and back to front
- Tread with arm and hand actions
- Alternating and simultaneous arm and leg actions on front and back
- Combined arm and leg actions on front and back
- Age-appropriate water safety topics

Learn to Swim Program

Ages 6-17

Designed to help participants achieve maximum success, Learn-to-Swim courses are based on a logical, six-level progression that helps swimmers of varying ages and abilities develop their water safety, survival, and swim skills.

Level 1 (Intro to Water Skills)

Beginning at age 6, unless successfully passing Preschool Aquatics. The purpose of Level 1 is to orient participants to the aquatic environment and help them gain basic aquatic skills as well as help them begin to develop positive attitudes and safe practices around the water.

- Enter and exit water using ramp, steps or side
- Blow bubbles through mouth and nose
- Bobbing
- Open eyes underwater and retrieve submerged objects
- Front and back glides and recover to a vertical position
- Back float
- Roll from front to back and back to front
- Tread water using arm and hand actions
- Alternating and simultaneous arm and leg actions on front and back
- Combined arm and leg actions on front and back
- Age-appropriate water safety topics

Level 2 (Fundamental Aquatic Skills)

In Level 2, participants build on basic skills and concepts learned in Level 1 including opening eyes underwater to retrieve objects, changing directions of travel in water, and the beginning steps of treading water, and:

- Enter water by stepping or jumping from the side
- Exit water using ladder, steps or side
- Fully submerge and hold breath
- Bobbing
- Rotary breathing
- Front, jellyfish and tuck floats
- Back and front glide and recover to a vertical position
- Roll from front to back and back to front
- Combined arm and leg actions on front and back
- Finning arm action
- Age-appropriate water safety topics

Level 3 (Stroke Development)

In Level 3, participants build on skills learned in Levels 1 and 2 to help them achieve basic water competency. Participants perform skills in deep water (floats/treading) for longer periods of time and refine Front Crawl/Back Crawl technique as well as learn basics in the Breaststroke and Elementary Backstroke, Sidestroke, and Butterfly

- Enter water by jumping from the side, fully submerge then recover to the surface and return to the side
- Bobbing while moving toward safety
- Rotary breathing
- Back float, survival float
- Change from vertical to horizontal position on front and back
- Tread water
- Flutter and dolphin kicks on front
- Scissors and breaststroke kicks
- Front crawl and elementary backstroke
- Age-appropriate water safety topics

Level 4 (Stroke Improvement)

In Level 4, participants improve proficiency in performing swimming strokes that have been introduced in previous levels. With this, participants begin swimming the full-length of the pool.

- Feet-first entries from the side in compact and stride positions
- Swim underwater
- Feet first surface dive
- Survival swimming
- Open turns on front and back
- Tread water using 2 different kicks
- Front and back crawl, elementary backstroke, breaststroke, sidestroke and butterfly
- Flutter and dolphin kicks on back
- Age-appropriate water safety topics

Level 5 (Stroke Refinement)

Level 5 helps participants' refine their performance of all six swimming strokes (Front/Back Crawl, Butterfly, Breaststroke, and Elementary Backstroke & Sidestroke). Participants also learn how to maneuver in deep water with surface dives, floats, and treading water for more time as well as swimming multiple lengths of the pool consecutively.

- Tuck and pike surface dives, submerge completely
- Front flip turn and backstroke flip turn while swimming
- Front and back crawl, elementary backstroke, breaststroke, sidestroke, and butterfly
- Sculling
- Age-appropriate water safety topics

Level 6 (Skill Proficiency)

Level 6 refines strokes so participants can swim for efficiency and over longer distances. Participants will swim strokes for multiple consecutive lengths, learn correct turn methods for each stroke, surface dive to retrieve objects from the bottom of the pool and advanced water survival skills.

Longfellow's WHALE Tales/Safety Day (Parent/Child-Learn to Swim)

The American Red Cross Longfellow's WHALE Tales/Safety Day course teaches children how to behave safely in, on and around the water. This helps children learn about water safety around the home, as well as in different environments, such as waterparks, lakes and rivers. It also teaches them about sun safety, boating safety, and much more. One day is set aside during each Swim Lesson Session to review safety procedures that are age appropriate. The course features a fun, animated DVD, colorful posters, stickers, and certificates.

Private Swim Lessons

Private Swim Lessons will be held for those looking for more of a one on one atmosphere. There is no age requirement, however we do cap each Private Swim Lesson at two participants. Each individual will be taught their own class based on personal needs/goals. Private Swim Lessons will only be held on Tuesday/Thursdays.

Swim Lesson Guidelines

Removal Disclaimer

The Maslowski Wellness & Research Center (The Mas) is continually working to provide the best and safest swimming environment for our students and instructors. In order to provide everyone with the best possible situation in a swim class, The Mas reserves the right to remove a child from our program if he/she cannot adjust to a group setting. Any child who requires an excessive amount of time from the instructor can compromise everyone involved. In order to continue in a group class, an assistant must be provided by the family for the student or we will request the student be moved to private lessons (private lesson rates apply).

Swim Diapers

All children not potty trained MUST wear a Swim Diaper in addition to a proper swim suit covering. The CDC & the U.S. Department of Health mandates this and states it is necessary because a fecal accident WILL cause the pool to be shut down.

Make-Up Policy

Make-Up days will not be held if a student misses any class time on their own doing, if a class is cancelled due to reasons set by The Mas, a make-up class will be held on the Friday after the cancelled class.

Late Policy

Please be on time. Because of our class schedules, your instructor can only teach in the time slot allotted. Please arrive at least 10 minutes early to allow students to dress and to use the restroom. If you are having trouble getting here on time, please consider changing the lesson time.

Waiting for a Lesson

While waiting for your lesson, you are welcome to watch, read a book, etc. Please do not allow your child to sit on the pool side, run around the pool or distract the current swim classes/instructors. Please wait in the designated party room before and during lessons.

All Rules Apply

During swim lessons all other Aquatic Center rules still apply, be sure to familiarize yourself with these. A copy of current rules can be attained at the Front Desk of the facility.

Maslowski Wellness & Research Center
Swim Lesson Registration Form
Contact Information

Guardian's Name: _____ Main Phone: _____ Alt. Phone: _____
Address: _____ City: _____ State: _____ Zip: _____
Email: _____

Student Information

1) Student's Name: _____ DOB: __/__/__ Age: _____ Sex: M__ F__
Last level taken: _____ Current Level: _____
Lesson Time Choices (Session/time): 1st: _____ 2nd: _____ 3rd: _____
Medical conditions/comments that instructor needs to know:

2) Student's Name: _____ DOB: __/__/__ Age: _____ Sex: M__ F__
Last level taken: _____ Current Level: _____
Lesson Time Choices (Session/time): 1st: _____ 2nd: _____ 3rd: _____
Medical conditions/comments that instructor needs to know:

3) Student's Name: _____ DOB: __/__/__ Age: _____ Sex: M__ F__
Last level taken: _____ Current Level: _____
Lesson Time Choices (Session/time): 1st: _____ 2nd: _____ 3rd: _____
Medical conditions/comments that instructor needs to know:

4) Student's Name: _____ DOB: __/__/__ Age: _____ Sex: M__ F__
Last level taken: _____ Current Level: _____
Lesson Time Choices (Session/time): 1st: _____ 2nd: _____ 3rd: _____
Medical conditions/comments that instructor needs to know:

5) Student's Name: _____ DOB: __/__/__ Age: _____ Sex: M__ F__
Last level taken: _____ Current Level: _____
Lesson Time Choices (Session/time): 1st: _____ 2nd: _____ 3rd: _____
Medical conditions/comments that instructor needs to know:

Enrollment Fee

# of students in Group Lessons: _____	# of students in Private Lessons: _____
Member (\$55/per): _____	Member (\$75/per): _____
Non-Member (\$60/per): _____	Non-Member (\$80/per): _____
Total Amount Due: _____	Total Amount Due: _____

*The initial payment and annual non-refundable registration fee must be made in full to secure student(s) enrollment.