

# LEARN TO SWIM

April 19-29 & May 17-27

All classes are held in the indoor Aquatic Center at the Institute. Class sizes are limited to allow for individual attention. Swimmers may register for additional sessions, and one-on-one lessons are also available. All classes will be taught by experienced, licensed and certified swim instructors. Class fees are \$90 per child for Institute members and \$110 per child for non-members. To register your child or request additional information, please contact the front desk in person or by calling (903)323-6500.

## TADPOLES

- ★ Ages 6 months – 2 years
- ★ 30 minutes of “Mommy and Me” time where the parent and child will be in the water together. The class will emphasize water safety and fun!  
\*Limited to 8 child participants (2 instructors).

## MINNOWS

- ★ Level 1: Ages 2 – 4 years
- ★ 30-45 minutes of swim basics, emphasizing safety and exploring the water. Very little experience is needed.  
\*Limited to 8 participants (2 instructors).

## SEA TURTLES

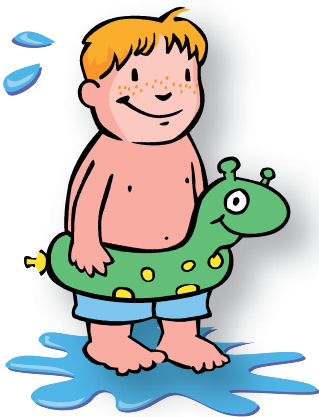
- ★ Level 2: Ages 4 – 7 years
- ★ 30-45 minutes of swimming skills including basic stroke and water skills. Child needs to be comfortable in water.  
\*Limited to 8 participants (2 instructors).

## DOLPHINS

- ★ Level 3: Ages 7 – 10 years
- ★ 30-45 minutes of intermediate swimming skills. This class will strengthen the front and back crawl, as well as introduce and develop the breast stroke and butterfly.  
\*Limited to 5 participants (1 instructor).

## SHARKS

- ★ Level 4: Ages 10+ years
- ★ 30-45 minutes of stroke refinement emphasizing fitness and technique. This class is designed to build stamina and refine bilateral breathing and strokes.  
\*Limited to 5 participants (1 instructor).





**AQUATIC CENTER SCHEDULE**

<u>Time</u>	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>	<u>Time</u>	<b>Saturday</b>
<b>6:00a</b>	Early Morning Aqua		Early Morning Aqua		Early Morning Aqua		
<b>7:30a</b>	Silver Splash		Silver Splash		Silver Splash		
<b>8:30a</b>		HydroFit		HydroFit			
<b>9:30a</b>	HydroFit				HydroFit		
<b>12:00p</b>	Aqua	Aqua	Aqua	Aqua	Aqua Combo	1 - 7 p.m.	Family Swim (Sunday too!)
<b>4:30p</b>	*Tadpoles (Resistance Pool)	*Tadpoles (Resistance Pool)	*Tadpoles (Resistance Pool)	*Tadpoles (Resistance Pool)			
<b>5:30p</b>	Aquacisers	Aquacisers	Aqua Combo	Aquacisers			
	*Dolphins (Lap Pool)	*Dolphins (Lap Pool)	*Dolphins (Lap Pool)	*Dolphins (Lap Pool)			
<b>6:00p</b>					Family Swim 6-7:30pm		
<b>6:15p</b>	*Sharks (Lap Pool)	*Sharks (Lap Pool)	*Sharks (Lap Pool)	*Sharks (Lap Pool)			
<b>6:30p</b>	*Minnows (Resistance Pool)	*Minnows (Resistance Pool)	*Minnows (Resistance Pool)	*Minnows (Resistance Pool)			
<b>7:15p</b>	*Sea Turtles (Resistance Pool)	*Sea Turtles (Resistance Pool)	*Sea Turtles (Resistance Pool)	*Sea Turtles (Resistance Pool)			