



Innovative Health & Fitness is proud to offer:

- "Learn-to-Swim" lessons following **American Red Cross** guidelines
- Professional instructors that are lifeguard certified and trained in First Aid, CPR, & AED
- A balanced program that teaches swimming skills and how to be safe in the water for ages 6 months - 12 years old
- A warm water pool that is between 90 and 92 degrees

30 MINUTE CLASSES • 8 CLASSES PER SESSION

SATURDAYS, January 26 - March 16

- 10:00 - 10:30am • Parent & Child*
- 10:35 - 11:05am • Preschool
- 11:10 - 11:40am • Preschool
- 11:45am - 12:15pm • Learn to Swim Level 1
- 12:20 - 12:50pm • Learn to Swim Level 2
- 12:55 - 1:25pm • Learn to Swim Level 3

SUNDAYS, January 27 - March 17

- 10:00 - 10:30am • Parent & Child*
- 10:35 - 11:05am • Preschool
- 11:10 - 11:40am • Learn to Swim Level 1
- 11:45am - 12:15pm • Learn to Swim Level 1
- 12:20 - 12:50pm • Learn to Swim Level 2
- 12:55 - 1:25pm • Learn to Swim Levels 4 and 5



Members and those currently enrolled in group swim lessons may register for the new session starting **Wednesday, January 2.**

New participants can register starting **Wednesday, January 9.**

Parent & Child: Member (\$44) | Non-Member (\$66)
Preschool - Level 5: Member (\$68) | Non-Member (\$88)



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CLASS DESCRIPTIONS • Which level is right for my child?

PARENT & CHILD (6 MONTHS-3 YEARS)

MUST WEAR SWIM DIAPER

- Learn more ways to enter/exit the water safely.
- Retrieve objects below the surface and submerged objects with eyes opened.
- Glide on the front and back with assistance.
- Perform combined arm and leg actions on front and back with assistance.
- Change body position in the water.
- Experience wearing a life jacket in the water.

PRESCHOOL BEGINNER (3-5 YEARS)

- Enter/exit water using the side
- Blow bubbles for 3 seconds
- Submerge mouth, nose, and eyes
- Front float for 3 seconds (assisted)
- Front glide and recover to a vertical position (assisted)
- Combined arm and leg actions on front (assisted)
- Back float for 15 seconds (assisted)
- Back glide and recover to a vertical position (assisted)
- Combined arm and leg actions on back (assisted)

PRESCHOOL ADVANCED (3-5 YEARS)

- Bobbing, 5 times
- Open eyes underwater and retrieve submerged objects
- Front float for 10 seconds (unassisted)
- Front glide and recover to a vertical position (unassisted)
- Combined arm and leg actions on front (unassisted)
- Back float for 15 seconds (unassisted)
- Back glide and recover to a vertical position (unassisted)
- Combined arm and leg actions on back (unassisted)
- Finning arm action on back (assisted)
- Roll from front to back and back to front (assisted)

LEARN TO SWIM LEVEL 1 (5 YEARS+)

INTRO TO WATER SKILLS

- Enter water with slide-in entry
- Fully submerge and hold breath for 10 seconds
- Bobbing, 10 times
- Front, jellyfish, and tuck floats for 10 seconds
- Combined arm and leg actions on front
- Back float for 20 seconds
- Finning arm action on back
- Combined arm and leg actions on back
- Change direction of travel while swimming on front or back

LEARN TO SWIM LEVEL 2 (5 YEARS+)

FUNDAMENTAL AQUATIC SKILLS

- Jump into water and reach for side
- Bobbing with air exchange, 10 times
- Front glide in streamline position
- Back glide in streamline position

(LEVEL 2 CONTINUED)

- Back float for 30 seconds
- Roll from front to back and back to front
- Change direction of travel while swimming on front or back
- Alternating arm and leg actions on front
- Rotary breathing (assisted)
- Alternating arm and leg actions on back
- Finning arm action on back

LEARN TO SWIM LEVEL 3 (5 YEARS+)

STROKE DEVELOPMENT

- Jump into deep water from the side, submerge, return to the surface, and then move to side
- Bobbing while moving to safety
- Survival float for 30 seconds
- Back float for 1 minute
- Push off in streamlined position on front and back, then begin kicking
- Rotary breathing
- Swim front crawl for 15 yards
- Swim elementary backstroke for 15 yards
- Flutter Kicks
- Scissors Kicks
- Whip Kicks
- Dolphin Kicks

LEARN TO SWIM LEVEL 4 (5 YEARS+)

STROKE IMPROVEMENT

- Feet first surface dive
- Swim under water
- Survival swimming for 1 minute
- Dolphin kicks on back
- Front crawl for 25 yards
- Elementary backstroke for 25 yards
- Breaststroke for 15 yards
- Back crawl for 15 yards
- Butterfly for 15 yards
- Sidestroke for 15 yards
- Open turns on the front and back

LEARN TO SWIM LEVEL 5 (5 YEARS+)

STROKE REFINEMENT

- Sculling for 30 seconds
- Front crawl for 50 yards
- Elementary backstroke for 50 yards
- Breaststroke for 25 yards
- Back crawl for 25 yards
- Butterfly for 25 yards
- Sidestroke for 25 yards
- Front flip turn
- Backstroke flip turn