

Youth Swim Lessons

Youth Swim Lessons – Youth ages 3 to 15

Do your kids want to be better swimmers and more comfortable in the water? We have the answer for you; youth swim lessons. HLAC will offer four swim lesson sessions for the 2011 season. All sessions are Monday through Friday for two weeks. The Tadpole, Turtle, Frog, and Gator classes include ten 30-minute classes of group instruction with a ratio of no more than 1 instructor to 5 students. The Trout and Salmon classes include ten 40-minute classes giving the older students more time to hone skills. The HLAC will also offer Pre-School classes for those who are 3 to 5 year olds and do not need parents in the water with them and have very little water experience.

Parent-Child Water Adjustment Class – Youth ages 6 months to 3 years

Parents, get your child off to an early start in water adjustment in the Parent-Child Water Adjustment class. The class will take parent and child through basic water adjustment with fun and play. Parents will learn the techniques helpful in advancing their child's water orientation. Every child must have a parent in the water. Parents are encouraged to bring their child's favorite water toy to class. Note: These classes are not intended to teach the children to swim; the intent is for the child (and parent) to become comfortable in the pool environment.

Adaptive Swim Lessons –

The HLAC is pleased to offer swim lessons for patrons with developmental disabilities. These lessons will be open to students that are 7 years old or older. Students **must** have a caregiver in the water at all times with them, must be able to function in a group and be socially appropriate.

Note: Classes cancelled due to weather are non-refundable, but every effort will be made to schedule make up times.

Registration: April 1

Fee: Resident \$33.00/Non-Resident \$37.00

Date: Session #1 (June 20 – July 1) - Deadline June 16 – Parent Child unavailable.

Session #2 (July 11 – July 22) - Deadline July 7

Session #3 (July 25 – August 5) - Deadline July 21

Session #4 (August 8 – August 19) - Deadline August 4

Time: 9:00am – Pre-School, Tadpole, Turtle, Frog, Gator, Trout, and Salmon

9:45am – Pre-School, Tadpole, Turtle, Frog, Gator, Trout, and Salmon

10:30am – Parent-Child, Tadpole, Turtle, Frog, and Gator

11:15am – Parent-Child, Tadpole, Turtle, Frog, Gator, and Adaptive

Ages: Youth Lessons – 3 to 15 years old

Parent-Child Aquatics – 6 months to 3 years

Adaptive – 7 years old and older

Location: Hamilton-Lowe Aquatics Center

Instructor: Certified Water Safety Instructors

Min/ Max: Parent-Child – 3/15

All other – 3/10