

SPRING

CLASS SCHEDULE



8 WEEK SESSION: MARCH 27 - MAY 28
NO LESSONS APRIL 10-14 FOR SPRING BREAK

CLASS	MON	TUES	WED	THURS	SAT	PRICE (Mem/Non)
Water Babies <i>30 mins</i>	9AM				9AM	\$84/\$114
Toddler <i>30 mins</i>	9:30AM 10AM	5:45PM 6:15PM			9:30AM 10AM	\$84/\$114
Level 1 <i>30 mins</i>	10:30AM	1PM 5:15PM 5:45PM 6:15PM	11:30AM 5:30PM	10AM 5:15PM 5:45PM 6:15PM	9:30AM 10AM 10:30AM	\$84/\$114
Level 2 <i>30 mins</i>	11AM	1:30PM 5:15PM 5:45PM 6:15PM	12PM 6PM	10:30AM 5:15PM 5:45PM 6:15PM	9:30AM 10AM 10:30AM	\$84/\$114
Level 3 <i>30 mins</i>	11:30AM	2PM 5:15PM 5:45PM 6:15PM	12:30PM 5:30PM	11AM 5:15PM 5:45PM 6:15PM	9:30AM 10AM 10:30AM	\$84/\$114
Level 4 <i>30 mins</i>	12PM <i>Combo 4/5 Register as Level 4</i>	1:30PM <i>(Level 4/5 Combo)</i> 5:15PM 5:45PM 6:15PM	1PM <i>(Level 4/5 Combo)</i> 6PM	11:30AM <i>(Level 4/5 Combo)</i> 5:15PM 5:45PM 6:15PM	9:30AM 10AM 10:30AM	\$84/\$114
Level 5 <i>30 mins</i>		5:15PM 5:45PM 6:15PM	6:30PM	5:15PM 5:45PM 6:15PM	9:30AM 10AM 10:30AM	\$84/\$114
Blue Star Stroke School <i>45 mins</i>		5:15PM		5:15PM	9:30AM	<u>Tues/Thurs</u> \$192/\$232 <u>One Day</u> \$112/\$142
Starfish <i>60 mins</i>		6PM		6PM	10:15AM	<u>3x/week</u> \$232/\$272
Adult Group <i>30 mins</i>			6PM			\$84/\$114

If you are unsure what class to register for, fill out our **ONLINE ASSESSMENT** or please contact Morgan Webb to schedule a **FREE** swim assessment.

REGISTER AT THE FRONT DESK OR ONLINE AT SILVERLAKEFAMILY.COM
CALL FOR MORE INFO 859-426-7777 OR CONTACT MORGAN AT MWEBB@SILVERLAKEFAMILY.COM

PROGRESSION SYSTEM

Waterbabies- Skills that will be taught are learning how to kick, moving arms, blowing bubbles, underwater acclimation, and survival skills. Children in Waterbabies are typically 6-18 months old. Parents will be in the water. Goggles are not required.

Toddler- Swimmers will be learning basic swimming skills. Kicking, moving arms, blowing bubbles, underwater acclimation, and survival skills. Children in Toddler are typically 12-36 months old. Parents will be in the water. Goggles are not required unless the child feels comfortable wearing them.

Level 1- Swimmers will be learning how to put their face in the water and blowing bubbles. Children must be 3 years old to participate in level 1. They will work on skills such as floating, kicking, arm movements, and pushing off the wall. To advance, children must be comfortable putting their face in the water and blowing bubbles out of nose and mouth on command. Parent will not be in the water with the child. Goggles are recommended.

Level 2- Swimmers will be learning how to glide on their front and back in streamline position. To advance, swimmers must be able to push off of the wall on front and back unassisted and glide for 5 seconds. Goggles are required.

Level 3- Swimmers will be introduced to streamline kicking on their front and back. To advance, swimmers must be able to streamline kick for 15 feet on both front and back unassisted. Goggles are required.

Level 4- Swimmers will begin to side glide and front crawl stroke with side breathing. They must be able to swim 20 feet doing the front crawl to advance to level 5. Goggles are required.

Level 5- Swimmers will work on freestyle with rotary breathing and backstroke. To advance, swimmers must be able to swim 25 yards of both freestyle and backstroke with ease. Goggles are required.

Blue Star Stroke School- Non competitive environment learning advanced elements in all four strokes. To advance, swimmers must be able to swim all four strokes with ease. Goggles are required.

Starfish- Swimmers will build strength, confidence, and endurance in every stroke with drills multiple lengths of the pool. It is a swim team feel with on deck coaching minus the competition. Advancement from Starfish is to our competitive Clippers Swim Team. Goggles are required.

RULES & PROCEDURES

Please arrive at least 5 minutes prior to class start time.

Goggles are required for most classes. Caps are encouraged for those with long hair or those who have sensitive ears. Both are available at the front desk.

Parents, please refrain from speaking to or standing above your child during the lesson.

Membership is required to use the facility outside of your class time and space. For more information concerning membership, please contact a Membership Advisor at 859-426-7777

Use changing room inside the Family Locker Rooms for opposite sex children.

The Board of Health prohibits changing diapers on the pool deck. Please use the locker room to change.

Make-ups can not be guaranteed due to class size and the advancement of swimmers.

NO REFUNDS WILL BE GIVEN. If there is an emergency preventing your child from participating, please contact the coordinator.

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