

LEARN TO SWIM

Riverside Aquatics Complex



FY24 AMERICAN RED CROSS LEARN TO SWIM SCHEDULE

SESSION 1: JUNE 18 - 28			SESSION 3: JULY 23 - AUG 2		
SKILL LEVELS		CLASS TIME	SKILL LEVELS		CLASS TIME
INSTRUCTOR A	INSTRUCTOR B		INSTRUCTOR A	INSTRUCTOR B	
Level 1	N/A	9:30 a.m. - 10 a.m.	Baby & Me	N/A	9:30 a.m. - 10 a.m.
Preschool	N/A	10:15 a.m. - 10:45 a.m.	Preschool	N/A	10:15 a.m. - 10:45 a.m.
Baby & Me	Level 1	5 p.m. - 5:30 p.m.	Baby & Me	Preschool	5 p.m. - 5:30 p.m.
Level 2	Level 3	5:40 p.m. - 6:10 p.m.	Level 1	Level 2	5:40 p.m. - 6:10 p.m.
Level 2	Level 4	6:20 p.m. - 6:50 p.m.	Level 3	Level 4	6:20 p.m. - 6:50 p.m.
Level 5 & 6 Combined		7 p.m. - 7:30 p.m.	Level 5 & 6 Combined		7 p.m. - 7:30 p.m.

SESSION 2: JULY 9 - 19			SESSION 4: AUG 6 - AUG 16		
SKILL LEVELS		CLASS TIME	SKILL LEVELS		
INSTRUCTOR A	INSTRUCTOR B		INSTRUCTOR A	CLASS TIME	
Baby & Me	N/A	9:30 a.m. - 10 a.m.	Baby & Me	9:30 a.m. - 10 a.m.	
Preschool	N/A	10:15 a.m. - 10:45 a.m.	Preschool	10:15 a.m. - 10:45 a.m.	
Preschool	Level 1	5 p.m. - 5:30 p.m.	Preschool	5 p.m. - 5:30 p.m.	
Level 2	Level 3	5:40 p.m. - 6:10 p.m.	Level 1 & 2 Combined	5:40 p.m. - 6:10 p.m.	
Level 3	Level 4	6:20 p.m. - 6:50 p.m.	Level 3 & 4 Combined	6:20 p.m. - 6:50 p.m.	
Level 5 & 6 Combined		7 p.m. - 7:30 p.m.	Level 5 & 6 Combined		7 p.m. - 7:30 p.m.

FY24 AMERICAN RED CROSS PRIVATE & SEMI PRIVATE CLASS LEARN TO SWIM SCHEDULE

SESSION 1A: JUNE 18 - 21	
SESSION 1B: JUNE 25 - 28	
SESSION 2A: JULY 9 - 12	
SESSION 2B: JULY 16 - 19	
SESSION 3A: JULY 23 - 26	
SESSION 3B: JULY 30 - AUG 2	
SESSION 4A: AUG 6 - 9	
SESSION 4B: AUG 13 - 16	
CLASS TIME	
9:30 a.m. - 10 a.m.	10:15 a.m. - 10:45 a.m.
12:15 p.m. - 12:45 p.m.	1 p.m. - 1:30 p.m.
1:45 p.m. - 2:15 p.m.	2:30 p.m. - 3 p.m.
3:15 p.m. - 3:45 p.m.	4 p.m. - 4:30 p.m.

**All classes, both private and group, will be held Tuesday-Friday and conducted rain or shine. Classes are subject to cancellation due to adverse weather conditions that pose a safety hazard to participants and staff (thunder/lightning/sustained high winds/water clarity due to rain intensity) If there is a need to cancel instructors will contact participants immediately. Classes that are canceled by MWR will have the time made up with addition of time to the next class. If a participant opts to not attend class this time is not afforded "make up" instruction with the Instructor on a different date/time.*

REGISTRATION

BEGINS TUESDAY, MAY 28 | 11 A.M. - 6:45 P.M.

- Riverside Aquatics Complex
- **Early Bird Registration** will be held at the Admin Office on Friday, May 17th 10 A.M. - 2 P.M.

GROUP CLASSES

\$60 (E1-E5) | \$75 (All others)

- Group classes require a minimum of 6 participants and a maximum of 10/12 depending on skill level.
- Tuesday - Friday.
- 2-week session, 8 total classes, 30 minutes each.
- **If a class has not filled, the NRC Aquatics team will contact participants to offer alternate class options.**

PRIVATE LESSONS

\$100 (E1-E5) | \$110 (All others)

- Private swim lessons for all skill and age levels are available.
- Pricing is based per participant per private session.
- **Sessions are 4 total classes that are 30 minutes each.**
- **Private Lesson Registration** will commence May 30th at the Riverside Aquatics Complex during regular hours of operation.
- 1 on 1 Ratio.

SEMI-PRIVATE LESSONS

\$150 (E1-E5) | \$160 (All others)

- **Sessions are 4 total classes that are 30 minutes each.**
- 1 on 2 Ratio.

LIFEGUARD CLASS

\$275 (per person) | Dates TBD

- Dates to be determined once complete class is registered.
- Course Fee includes cost of mask and manual.

LIFEGUARD REVIEW CLASS

\$150 (per person) | Dates TBD

- Dates to be determined once complete class is registered.



For more information, please contact the **Site Director** at 410-326-6376, or the **Aquatic Director** any time after Memorial Day Weekend at 410-326-6867, **scan the QR Code** or email carrie-ann.m.jay.civ@us.navy.mil

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CLASS DESCRIPTIONS

No group classes or private lessons will be held on Mondays, unless otherwise noted.

Baby & Me (Ages 6 months - 2 years)

A parent, or other participant at least 16 years of age, is required to be in the water with the preschooler throughout each class. All Preschool level classes incorporate games and activities to encourage a fun and safe swimming experience.

Preschool (Ages 3 - 5 years)

A parent, or other participant at least 16 years of age, is required to be in the water with the preschooler throughout each class. All Preschool level classes incorporate games and activities to encourage a fun and safe swimming experience.

STEP 1: This class is designed for children who are being exposed to a swim class for the first time.

STEP 2: Step 2 is designed for children who are continuing their swim training. Participants at this level have successfully completed the Preschool Step 1 swim course.

STEP 3: Step 3 is designed for children who are continuing their swim training. Participants at this level have successfully completed the Preschool Step 2 swim course.

Level 1: Water Exploration

This class is designed to help participants become familiar in the water, introduce basic rescue skills and teach water safety.

Level 2: Primary Skills

In this class, participants will learn to float without support, recover to a standing position, learn basic locomotive skills and expand upon the basic rescue skills learned in Level 1.

Level 3: Stroke Readiness

Building on the skills learned in Level 2, this class teaches the fundamentals of treading water, front and back crawl, introduces elements of the backstroke and additional safety skills.

Level 4: Stroke Development

This course helps swimmers develop confidence and increase endurance using familiar strokes, and teaches the breaststroke, sidestroke and butterfly (dolphin kick). It also focuses on treading water as a safety skill.

Level 5: Stroke Refinement

In addition to teaching stroke coordination and refinement, this level also introduces swimmers to advanced safety skills, open turns, feet-first surface and poolside dive techniques.

Level 6: Fitness

This class focuses on polishing stroke techniques so the student is able to swim with ease, power and efficiency.

If interested in becoming a certified Lifeguard, please contact us to be added to a wait list.