

# Bridgman Aquatics Center

## Swim Lessons

**Winter Session:** Mondays and Wednesdays, February 19 thru March 28 (6 weeks/12 lessons)

Registration for resident: February 5 thru 16

Non-resident registration: February 12 thru 16

Fee: Free

Fee: \$48

**Spring Session:** Tuesdays and Thursdays, April 10 thru May 24 (7 weeks/14 lessons)

Registration for resident: March 26 thru April 6

Non-resident registration: April 2 thru 6

Fee: Free

Free: \$56

**NEW REGISTRATION PROCESS!** This year we are allowing participants to be registered any time during Aquatics center hours over the registration period, however **we will no longer except phone registration.** We are now requiring a form (print off our website or pick up at the Aquatics Center) for each participant before you can register. When you turn in the form your child may be registered depending on availability.

### **Parent/Child Classes: 6:30-7:00 pm**

**Aqua Tot 1:** (6-24 months) Child is introduced to water with a parent. Basic water adjustment with parent instruction.

**Aqua Tot 2:** (2-4 year- olds) Child is introduced to water with a parent. Techniques are used to get the child accustomed to water and ready to join Level 1.

### **Classes for ages 3-5 years old: 6:30-7:00 pm**

**Level 1:** (Beginning level) Swimmers will be adjusted to water with a floatation device, learn beginning front crawl, backstroke and floating, as well as learning how to submerge their face and basic water safety.

**Level 2:** (Intermediate level-no floatation device worn) Swimmers will build on floating, front crawl and backstroke skills as well as water safety skills learned in Level 1. Elementary backstroke will be introduced.

**Level 3:** (Advanced level) Swimmers will progress in the skills previously learned with a focus on rotary breathing and endurance.

### **Classes for ages 6-12 years old: 7:00-7:40 pm**

**Level 1-2:** (Beginning level) Swimmers will learn how to float, front crawl, backstroke and elementary backstroke. Basic water safety will be taught as well.

**Level 3:** (Intermediate level) Swimmers will build on the skills taught in level 1-2 with a focus on rotary breathing and endurance. Don't forget we teach water safety in every level!

**Level 4:** (Intermediate/advanced level) Swimmers will continue to build on front crawl and backstroke skills and endurance. They will learn basic breaststroke and butterfly skills.

**Pre Team:** (Advanced level) Swimmers will continue to build on all skills learned in past levels with a focus on technique and endurance.

**Sea Bees Swim Club** will be offering a stroke clinic in April for previous Sea Bee swimmers intermediate or advanced level, swimmers from other clubs, at the same levels, are welcome as well.