

Romulus Athletic Center

SWIM LESSONS

Spring SESSION 2023

April 18th thru June 3rd

REGISTRATION BEGINS March 20th



We anticipate the pool being closed for a few days this session. We will make up those days at the end of the session between June 6th and 10th.

7 lesson pricing	Pass Plus Member	Member	Resident	Near and Non- Res	Length of class	Class ratio
Parent/Child	\$56	\$63	\$77	\$84	30 min.	1:11
Preschool	\$63	\$70	\$84	\$91	30 min.	1:5
Adult/Youth	\$84	\$91	\$105	\$112	40 min.	1:5
Privates	\$140	\$175	\$210	\$245	30 min.	1:1

Interested in Semi Privates? Additional participant fee for Private lesson is \$84

Parent/Child Classes

Tue 11:05-11:35am Levels 1&2

Thu 6:10-6:40pm Levels 1&2

Sat 9-9:30am Level 1

Sat 9:35-10:05am Level 2

Preschool Levels 1-3

Tue 10:25-10:55am

Thu 6:10-6:40pm

Preschool Level 1

Tue 5:25-5:55pm

Sat 9:35-10:05am

Preschool Level 2&3

Tue 5:25-5:55pm

Sat 9-9:30am

Youth Level 1

Tue 4:35-5:15pm

Thu 4:35-5:15pm

Sat 10:15-10:55am

Youth Level 2

Tue 4:35-5:15pm

Thu 5:20-6pm

Sat 10:15-10:55am

Youth Level 3

Thu 4:35-5:15pm

Sat 11:05-11:45am

Youth Level 4

Sat 11:05-11:45am

Youth Level 5

Sat 11:05-11:45am

Teen/Adult Levels 1-3 lessons

Tue 6:05-6:45pm

Sat 8:15-8:55am

Private (Semi-private) lessons

Tue 9:45-10:15am

Tue 11:40am-12:10pm

Tue 4-4:30pm

Tue 6:50-7:20pm

Tue 7:25-7:55pm

Thu 4-4:30pm

Thu 6:50-7:20pm

Thu 7:25-7:55pm

Sat 11:50a-12:20pm

Sat 12:25-12:55pm

PARENTS! If your child is in current lessons, please ask your child's teacher what level they should sign up for next session! See reverse side for class and level descriptions if your child has not been in lessons before.



Swim Course Descriptions

Parent/Child Level 1, (Starfish) – Ages 6 months to 2 years of age. The goal of this 30 minute class is to provide experiences and activities for both parent and child to increase their comfort in the water. Children will learn introductory skills with parental assistance. Songs and playtime are used so that both children and parents are able to participate. Parent participation in the water is required for each child.

Parent/Child level 2, (Seahorse) –Ages 18 months to 5 years of age. Children will explore and develop basic swimming skills while gaining confidence going under water. Other skills developed in this class include retrieving submerged objects and floating with support. Parent participation in the water is required for each child. Class runs 30 minutes.

Preschool Level 1 Ages 3-6 yrs old (Water Discoverers I) – There are no prerequisites for enrollment. The goal of this class is to promote comfort in the water without a parent. Participants will be introduced to beginning swimming skills such as getting their face wet, going underwater and floating on their front and back with assistance. Lessons are designed to make learning fun while covering safety topics. Class runs 30 minutes.

Preschool Level 2 Ages 3-6 yrs old (Water Discoverers II) – Each Discoverer should already be comfortable enough in the water to go under water for 3 seconds. In this class children will improve their front and back floats and glides in addition to basic swimming movements from with assistance to without assistance. Children will learn about safety in and around swimming pools and other aquatic areas. Class runs 30 minutes.

Preschool Level 3 Ages 3-6 yrs old (Water Discoveres III) - Each Discoverer should already be swimming on their front and back without assistance at least 10 feet. In this class children will improve their swimming skills along with learning additional safety topics in and around the pool. Class runs 30 minutes.

Youth Level 1 Ages 6-12 yrs old (Water Pioneers I) – This is a beginner level for youth. Each Pioneer should begin to get comfortable getting their face in the water and hold their breath long enough to do a front float and back float. Goals include: comfort in the water, begin floating on front and back without support, and coordination of arms and legs for basic swimming propulsion. Lessons are designed to make learning fun while concentrating on safety in and around the water. Class runs 40 minutes.

Youth Level 2 Ages 6-12 yrs old (Water Pioneers II) – Pioneers II swimmers will begin to learn to swim on their front and back for 15 -20 feet with little or no assistance along with treading water with assistance. Instructors will introduce arm and leg movements for the Front crawl and elementary backstroke and learn to roll over while kicking and gliding while strengthening skills learned in previous levels. Class runs 40 minutes.

Youth level 3 Ages 6-12 yrs old (Water Explorers) – Each Explorer must either have passed the Water Pioneers II course or be able to swim 15-20 feet on both front and back. Explorers will begin to swim 15 -25 yards down the pool continuing to work on the Front Crawl, Elementary Back and begin the Back Crawl along with learning to tread water for 1 minute without assistance along with learning additional safety topics. Class runs 40 minutes.

Youth Level 4 Ages 6-14 yrs old (Water Adventurers) – Participants must have passed Water Explorers class or be able to swim on their front and back for 25 yards. In this level swimmers begin to learn the Butterfly and Breaststroke and improve their strokes while swimming 25 yards. Adventurers will perfect strokes and build endurance so that they may swim with ease and efficiency. Advanced turns and diving will also be taught. Class runs 40 minutes.

Youth Level 5 Ages 6-16 yrs old (Aquanauts) – Aquanauts should be able to demonstrate each swimming stroke a distance of 25 yards, or have passed the Water Adventurers class. This class will be centered on stroke mechanics and improvements while increasing their endurance to swim 50 yards including turns. This is a great class for those looking at getting into shape and competing in Swimming. Class runs 40 minutes.

Teen/Adult Swim Levels 1-3/Ages 13-Seniors – In this swim class participants will be assessed based on their skill level. The course will be adjusted to meet the ability of each participant. The focus of this class is to build comfort in the water while increasing stroke efficiency. Class runs 40 minutes.