



Swim-in Zone, Inc.

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Spring 2012 March 5 - June 17

We love babies, toddlers and young children! Swim lessons are a wonderful opportunity for parents to spend "me" time with their children while learning something new. Parents are required for your child's safety- never trust a 2 year old!! We also understand that some older children need their parents to attend class with them. There is a class for everyone at Swim-in Zone. All missed classes are made-up by attending another class time. Please don't bring sick babies to swim class. All classes must be made-up by June 19. All classes are 30 minutes long.

HELLO POOL! - INTRODUCTORY/BEGINNER CLASS No prerequisites Ratio 8:1

Parents will learn holding positions, cues, safety tips, and how to introduce the child to going underwater. The children will learn that the water is fun. Most of the children are less than 2 years old.

Mon. 10a, 6p; Tues. 10a, 5:30, 6:30; Wed 9:30a; Thurs 10:00a; Fri. 10:30a; Sat. 10a, 10:30a, 12n

WATCH ME! - INTERMEDIATE CLASS Ratio 8:1 Child can go underwater. Parents will learn how to help their child rollover, swim to the steps, climb out, and kicking. Children are usually 1 ½ to 3 years old.

Mon 10:30a, 5p, 7p; Tues. 9:30a, 10:30a, 6p; Wed. 10a; 5:30p; 6:30p; Thurs 10:30a, 5:30p; Sat. 9:30a, 11:30a

TOUCH BASE- ADVANCED CLASS Ratio 8:1 Child should be able to swim underwater for short held swims. Parents will learn how to help their child swim for a longer distance, roll-over, sit dive and swim to the wall. Children are usually 1 ½ to 3 years old.

Mon. 5:30p; Wed. 6p; Thurs. 9:30a, 10a; Fri. 10a; Sat 9a, 12p.

TOO LITTLE BUT TOO GOOD- CLASS FOR MORE ADVANCED TODDLERS Ratio 8:1 ages 2.5-3.5 years old. Children should be swimming underwater independently, going under on a jump, kicking up, getting rings underwater, initiating rollovers, and almost backfloating by themselves.

Mon. 6:30p; Tues. 5p; Wed. 9:30a; Thurs. 6p; Sat 11a, (teacher recommendation required)

PARENT/OLDER CHILD Ratio 4:1 Programming for 2.5-5 year old children who are not underwater yet and wish to have their parent attend class with them. One of the goals is to have the teacher interact with the children to help transition to regular group lessons.

Tues 6:30p, Wed 11a; Thurs 6, Sat 11:30a

15 minute private Ratio 1:1 This 15 minute lesson is perfect for 2 or 3 year-olds because of their short attention span. It is a one-on-one class with the instructor. Parents may, but are not required to get into the water.

Available upon request between 9am and 8pm