

## Group Swim Lessons



*Lessons that Create Progress*

# AQUATICS



LifeCenter Plus swim lessons are Red Cross Learn-to-Swim courses which offer something for everyone! Through a progressive, six-level instructional approach, participants learn a variety of strokes, including the front crawl, back crawl, elementary backstroke, breaststroke, sidestroke, and butterfly. Students are also introduced to a wide range of personal safety skills and diving techniques. Courses are fun and interactive with hands-on training, in a small group setting for individualized sessions!

**\$60**  
Member  
**\$80**  
Nonmember

## WINTER SESSIONS

6 WEEK SESSIONS (1x weekly)

Session 1: February 10 - March 21  
Session 2: April 7 - May 16

## WHICH LEVEL IS RIGHT FOR YOU?

**Aqua Kids (ages 6mos- 3):** A fun introduction to the water that allows each child and his/her parent to play together while learning water safety and pre-swimming skills. A parent or guardian must accompany each child in the water.

**Preschool (ages 3-5):** Skills taught in this class build on the skills learned in Aqua Kids without a parent in the water. Your child will further develop basic fundamentals of aquatics readiness.

**Level 1, Introduction to Water Skills (ages 4-6):** Helps students feel comfortable in the water and enjoy the water safely. Completion of Preschool swim is recommended before beginning level 1.

**Level 2, Fundamental Aquatic Skills (ages 5-7):** Gives students success with fundamental water skills including front and back crawl.

**Level 3, Stroke Development (ages 5-8):** Build on skills in Level 2 by providing additional guided practice. Level 3 introduces the breast stroke and dolphin kick.

**Level 4, Stroke Improvement (ages 6-10):** Develops confidence in learned strokes. Level 4 introduces the butterfly and distance swimming.

**Level 5, Stroke Refinement:** Provides further coordination and refinement of all strokes.

**Level 6, Swimming & Skill Proficiency:** Refines the strokes so students swim them with ease, efficiency, power, and smoothness over greater distances.

**Refund/Cancellation Policy:** Should you wish to cancel a registration, you must give the registration department 48 hours' notice, two business days, to receive a full refund. Voicemail messages are not accepted. There are no refunds given once classes have begun, including any classes that require prerequisites being met (if participant fails a program with a prerequisite, a refund for the class is not guaranteed). If you have paid for a class that gets cancelled, we will issue you a refund in the same manner to which it was paid (exception will be cash registrations that qualify for a refund will be issued in the form of a check).

**QUESTIONS?** Contact Aquatics at 330-655-2377 x156 or email [Aquatics@LifeCenterPlus.com](mailto:Aquatics@LifeCenterPlus.com)

# Group Swim Lessons

# AQUATICS

## TUESDAY

LEVEL	TIME	1 (2/10-3/17)	2 (4/7-5/12)
Preschool	5:00-5:30pm	SWM26001	SWM26034
	5:40-6:10pm	SWM26002	SWM26035
Level 1	5:00-5:30pm	SWM26003	SWM26036
	5:40-6:10pm	SWM26004	SWM26037
Level 2	6:20-6:50pm	SWM26005	SWM26038
	7:00-7:30pm	SWM26006	SWM26039
Level 3	6:20-7:00pm	SWM26007	SWM26040
	7:10-7:50pm	SWM26008	SWM26041
Level 4	5:00-5:50pm	SWM26009	SWM26042
Level 5/6	6:00-6:50pm	SWM26010	SWM26043

\*Our group swim lessons require a minimum number of participants.\*

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## DIVE-IN MOVIES

Enjoy pizza, drinks, and a movie on the big screen while you relax in our Warm Water Pool!

Feb. 20<sup>th</sup>: MOANA 2

Mar. 13<sup>th</sup>: FREAKIER FRIDAY

Apr. 17<sup>th</sup>: THE BAD GUYS 2

Shows start at 7:00pm. Register at the Front Desk!

Member \$15 | Nonmember \$20

Member Families (3+) \$30 | Nonmember Families (3+) \$40

\*Price includes 1 slice of pizza and 1 drink. Max # for family rate is 5.\*

## THURSDAY

LEVEL	TIME	1 (2/12-3/19)	2 (4/9-5/14)
Preschool	5:00-5:30pm	SWM26011	SWM26044
	5:40-6:10pm	SWM26012	SWM26045
Level 1	5:00-5:30pm	SWM26013	SWM26046
	5:40-6:10pm	SWM26014	SWM26047
Level 2	6:20-6:50pm	SWM26015	SWM26048
	7:00-7:30pm	SWM26016	SWM26049
Level 3	6:20-7:00pm	SWM26017	SWM26050
	7:10-7:50pm	SWM26018	SWM26051
Level 4	5:00-5:50pm	SWM26019	SWM26052
Level 5/6	6:00-6:50pm	SWM26020	SWM26053

## SATURDAY

LEVEL	TIME	1 (2/14-3/21)	2 (4/11-5/16)
Aqua Kids	11:00-11:30am	SWM26021	SWM26054
Preschool	9:00-9:30am	SWM26022	SWM26055
	9:40-10:10am	SWM26023	SWM26056
	10:20-10:50am	SWM26024	SWM26057
Level 1	9:00-9:30am	SWM26025	SWM26058
	9:40-10:10am	SWM26026	SWM26059
	10:20-10:50am	SWM26027	SWM26060
Level 2	9:00-9:30am	SWM26028	SWM26061
	9:40-10:10am	SWM26029	SWM26062
	10:20-10:50am	SWM26030	SWM26063
Level 3	9:00-9:40am	SWM26031	SWM26064
	9:50-10:30am	SWM26032	SWM26065
	10:40-11:20am	SWM26033	SWM26066

Group Name: LIFECENTER PLUS  
KIDS SWIM LESSONS



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