

Group Swim Lessons

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

FALL SESSIONS

6 WEEK SESSIONS (1x weekly)

Session 1: September 9 - October 18

Session 2: November 4 - December 20*

*NO CLASSES THE WEEK OF HALLOWEEN AND
NO THE WEEK OF THANKSGIVING*

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

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TUESDAY

LEVEL	TIME	1 (9/9-10/14)	2* (11/4-12/16)
Preschool	5:00-5:30pm	SWM25195	SWM25230
	5:40-6:10pm	SWM25196	SWM25231
Level 1	5:00-5:30pm	SWM25197	SWM25232
	5:40-6:10pm	SWM25198	SWM25233
Level 2	6:20-6:50pm	SWM25199	SWM25234
	7:00-7:30pm	SWM25200	SWM25235
Level 3	6:20-7:00pm	SWM25201	SWM25236
	7:10-7:50pm	SWM25202	SWM25237
Level 4	5:00-5:50pm	SWM25203	SWM25238
Level 5/6	6:00-6:50pm	SWM25204	SWM25239

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!

Sept. 19th: MINECRAFT

Oct. 17th: GOOSEBUMPS

Nov. 14th: ONWARD

Dec. 12th: A CHRISTMAS STORY

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 (9/11-10/16)	2* (11/6-12/18)
Preschool	5:00-5:30pm	SWM25205	SWM25240
	5:40-6:10pm	SWM25206	SWM25241
Level 1	5:00-5:30pm	SWM25207	SWM25242
	5:40-6:10pm	SWM25208	SWM25243
Level 2	6:20-6:50pm	FULL	SWM25244
	7:00-7:30pm	SWM25210	SWM25245
Level 3	6:20-7:00pm	SWM25211	SWM25246
	7:10-7:50pm	SWM25212	SWM25247
Level 4	5:00-5:50pm	SWM25213	SWM25248
Level 5/6	6:00-6:50pm	SWM25214	SWM25249

SATURDAY

LEVEL	TIME	1 (9/13-10/18)	2* (11/8-12/20)
Aqua Kids	11:00-11:30am	SWM25215	SWM25250
Preschool	9:00-9:30am	SWM25216	SWM25251
	9:40-10:10am	SWM25217	SWM25252
	10:20-10:50am	SWM25218	SWM25253
Level 1	9:00-9:30am	SWM25219	SWM25254
	9:40-10:10am	SWM25220	SWM25255
	10:20-10:50am	SWM25221	SWM25256
Level 2	9:00-9:30am	SWM25222	SWM25257
	9:40-10:10am	SWM25223	SWM25258
	10:20-10:50am	SWM25224	SWM25259
Level 3	9:00-9:40am	FULL	SWM25260
	9:50-10:30am	SWM25226	SWM25261
	10:40-11:20am	SWM25227	SWM25262
Level 4	9:00-9:50am	SWM25228	SWM25263
Level 5/6	10:00-10:50am	SWM25229	SWM25264

Group Name: **LIFECENTER PLUS**
KIDS SWIM LESSONS

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