

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

## WINTER SESSIONS

**6 WEEK SESSIONS** (1x weekly)

Session 1: January 10 - February 18

Session 2: February 28 - April 15\*

Session 3: April 25- June 3

\*NO CLASSES THE WEEK OF 3/28/23-4/1/23\*

## 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.

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

# Swim Lessons

# AQUATICS

## TUESDAY

LEVEL	TIME	1 (1/10-2/14)	2* (2/28-4/11)	3 (4/25-5/30)
Preschool	5:00-5:30pm	SWM231	SWM23360	SWM23710
	5:40-6:10pm	SWM232	SWM23370	SWM23720
Level 1	5:00-5:30pm	SWM233	SWM23380	SWM23730
	5:40-6:10pm	SWM234	SWM23390	SWM23740
Level 2	6:20-6:50pm	SWM235	SWM23400	SWM23750
	7:00-7:30pm	SWM236	SWM23410	SWM23760
Level 3	6:20-6:50pm	SWM237	SWM23420	SWM23770
	7:00-7:30pm	SWM238	SWM23430	SWM23780
Level 4	5:00-5:50pm	SWM239	SWM23440	SWM23790
Level 5/6	6:00-6:50pm	SWM23100	SWM23450	SWM2380

## THURSDAY

LEVEL	TIME	1 (1/12-2/16)	2* (3/2-4/13)	3 (4/27-6/1)
Preschool	5:00-5:30pm	SWM23110	SWM23460	SWM2381
	5:40-6:10pm	SWM23120	SWM23470	SWM2382
Level 1	5:00-5:30pm	SWM23130	SWM23480	SWM2383
	5:40-6:10pm	SWM23140	SWM23490	SWM2384
Level 2	6:20-6:50pm	SWM23150	SWM23500	SWM2385
	7:00-7:30pm	SWM23160	SWM23510	SWM2386
Level 3	6:20-6:50pm	SWM23170	SWM23520	SWM2387
	7:00-7:30pm	SWM23180	SWM23530	SWM2388
Level 4	5:00-5:50pm	SWM23190	SWM23540	SWM2389
Level 5/6	6:00-6:50pm	SWM23200	SWM23550	SWM2390

^Our group swim lessons require a minimum number of participants.^

## SATURDAY

LEVEL	TIME	1 (1/14-2/18)	2* (3/4-4/15)	3 (4/29-6/3)
Aqua Kids	11:00-11:30am	SWM23210	SWM23560	SWM2391
Preschool	9:00-9:30am	SWM23220	SWM23570	SWM2392
	9:40-10:10am	SWM23230	SWM23580	SWM2393
	10:20-10:50am	SWM23240	SWM23590	SWM2394
Level 1	9:00-9:30am	SWM23250	SWM23600	SWM2395
	9:40-10:10am	SWM23260	SWM23610	SWM2396
	10:20-10:50am	SWM23270	SWM23620	SWM2397
Level 2	9:00-9:30am	SWM23280	SWM23630	SWM2398
	9:40-10:10am	SWM23290	SWM23640	SWM2399
	10:20-10:50am	SWM23300	SWM23650	SWM231001
Level 3	9:00-9:30am	SWM23310	SWM23660	SWM23101
	9:40-10:10am	SWM23320	SWM23670	SWM23102
	10:20-10:50am	SWM23330	SWM23680	SWM23103
Level 4	9:00-9:50am	SWM23340	SWM23690	SWM23104
Level 5/6	10:00-10:50am	SWM23350	SWM23700	SWM23105

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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!

January 13th: RUMBLE

February 17th: THE BAD GUYS

March 10th: MINIONS: RISE OF GRU

April 21st: DC LEAGUE OF SUPERPETS

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.\*

Group Name: LIFECENTER PLUS  
KIDS SWIM LESSONS

