

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 4 - February 12

Session 2: February 22 - April 9*

Session 3: April 19 - May 28

NO CLASSES THE WEEK OF 3/28/22-4/1/22

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

Winter 2022 Swim Lessons

AQUATICS

TUESDAY

LEVEL	TIME	1 (1/4-2/8)	2* (2/22-4/5)	3 (4/19-5/24)
Preschool	5:00-5:30pm	SWM20221	SWM20256	SWM20291
	5:30-6:00pm	SWM20222	SWM20257	SWM20292
Level 1	5:00-5:30pm	SWM20223	SWM20258	SWM20293
	5:30-6:00pm	SWM20224	SWM20259	SWM20294
Level 2	6:00-6:30pm	SWM20225	SWM20260	SWM20295
	6:30-7:00pm	SWM20226	SWM20261	SWM20296
Level 3	6:00-6:30pm	SWM20227	SWM20262	SWM20297
	6:30-7:00pm	SWM20228	SWM20263	SWM20298
Level 4	5:00-5:50pm	SWM20229	SWM20264	SWM20299
Level 5/6	6:00-6:50pm	SWM20230	SWM20265	SWM20300

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

THURSDAY

LEVEL	TIME	1 (1/6-2/10)	2* (2-24-4/7)	3 (4/21-5/26)
Preschool	5:00-5:30pm	SWM20231	SWM20266	SWM20301
	5:30-6:00pm	SWM20232	SWM20267	SWM20302
Level 1	5:00-5:30pm	SWM20233	SWM20268	SWM20303
	5:30-6:00pm	SWM20234	SWM20269	SWM20304
Level 2	6:00-6:30pm	SWM20235	SWM20270	SWM20305
	6:30-7:00pm	SWM20236	SWM20271	SWM20306
Level 3	6:00-6:30pm	SWM20237	SWM20272	SWM20307
	6:30-7:00pm	SWM20238	SWM20273	SWM20308
Level 4	5:00-5:50pm	SWM20239	SWM20274	SWM20309
Level 5/6	6:00-6:50pm	SWM20240	SWM20275	SWM20310

SATURDAY

LEVEL	TIME	1 (1/8-2/12)	2* (2/26-4/9)	3 (4/23-5/28)
Aqua Kids	11:00-11:30am	SWM20241	SWM20276	SWM20311
Preschool	9:00-9:30am	SWM20242	SWM20277	SWM20312
	9:40-10:10am	SWM20243	SWM20278	SWM20313
	10:20-10:50am	SWM20244	SWM20279	SWM20314
Level 1	9:00-9:30am	SWM20245	SWM20280	SWM20315
	9:40-10:10am	SWM20246	SWM20281	SWM20316
	10:20-10:50am	SWM20247	SWM20282	SWM20317
Level 2	9:00-9:30am	SWM20248	SWM20283	SWM20318
	9:40-10:10am	SWM20249	SWM20284	SWM20319
	10:20-10:50am	SWM20250	SWM20285	SWM20320
Level 3	9:00-9:30am	SWM20251	SWM20286	SWM20321
	9:40-10:10am	SWM20252	SWM20287	SWM20322
	10:20-10:50am	SWM20253	SWM20288	SWM20323
Level 4	9:00-9:50am	SWM20254	SWM20289	SWM20324
Level 5/6	10:00-10:50am	SWM20255	SWM20290	SWM20325

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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 14th: RAYA

February 18th: SOUL

March 11th: RALPH BREAKS THE INTERNET

April 22nd: THE GREATEST SHOWMAN

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

