

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

## SUMMER SESSIONS

**3 WEEK SESSIONS** (2x weekly)

Session 1: June 4 - June 20

Session 2: June 25 - July 18\*

Session 3: July 23 - August 8

\*NO classes the week of July 4th, 2024.\*

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

Session 1: June 6 - July 18\*\*

Session 2: July 20 - August 29

\*\*NO classes on July 4th, 2024.\*\*

## 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

# Swim Lessons

# AQUATICS

## TUESDAY & THURSDAY AM

LEVEL	TIME	1 (6/4-6/20)	2 (6/25-7/18)*	3 (7/23-8/8)
Preschool	10:15-10:45am	FULL	2024141	2024176
	10:50-11:20am	2024107	2024142	2024177
Level 1	9:00-9:30am	2024108	2024143	2024178
	9:40-10:10am	2024109	2024144	2024179
Level 2	9:00-9:30am	2024110	2024145	2024180
	9:40-10:10am	FULL	2024146	2024181
Level 3	10:15-10:55am	FULL	2024147	2024182
	11:00-11:40am	2024113	2024148	2024183
Level 4	9:00-9:50am	2024114	2024149	2024184
Level 5/6	10:00-10:50am	2024115	2024150	2024185

\*No classes the week of July 4th, 2024.\*

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

## THURSDAY PM

LEVEL	TIME	1 (6/6-7/18)**	2 (7/25-8/29)
Preschool	5:00-5:30pm	2024116	2024151
	5:40-6:10pm	2024117	2024152
Level 1	5:00-5:30pm	2024118	2024153
	5:40-6:10pm	2024119	2024154
Level 2	6:20-6:50pm	FULL	FULL
	7:00-7:30pm	2024121	2024156
Level 3	6:20-7:00pm	2024122	2024157
	7:10-7:50pm	2024123	2024158
Level 4	5:00-5:50pm	2024124	2024159
Level 5/6	6:00-6:50pm	2024125	2024160

\*\*NO classes on July 4th, 2024.\*\*

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## DIVE-IN MOVIES

May 17th: **MIGRATION**

June 14th: **MITCHELLS VS THE MACHINES**

July 19st: **ORION AND THE DARK**

August 9th: **TROLLS - BAND TOGETHER**

Shows start at 7:30pm. 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.\*

## SATURDAY

LEVEL	TIME	1 (6/8-7/13)	2 (7/20-8/24)
Aqua Kids	11:00-11:30am	2024126	2024161
Preschool	9:00-9:30am	2024127	2024162
	9:40-10:10am	2024128	2024163
	10:20-10:50am	FULL	2024164
Level 1	9:00-9:30am	2024130	2024165
	9:40-10:10am	2024131	2024166
	10:20-10:50am	2024132	2024167
Level 2	9:00-9:30am	2024133	2024168
	9:40-10:10am	2024134	2024169
	10:20-10:50am	2024135	2024170
Level 3	9:00-9:40am	2024136	FULL
	9:50-10:30am	2024137	2024172
	10:40-11:20am	2024138	2024173
Level 4	9:00-9:50am	2024139	2024174
Level 5/6	10:00-10:50am	2024140	2024175

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



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