

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 7 - February 15
Session 2: February 25 - April 12*
Session 3: April 22 - May 31
NO CLASSES BETWEEN 3/25/25-3/29/25 FOR SPRING BREAK

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 (1/7-2/11)	2* (2/25-4/8)	3 (4/22-5/27)
Preschool	5:00-5:30pm	SWM25010	SWM25045	SWM25080
	5:40-6:10pm	SWM25011	SWM25046	SWM25081
Level 1	5:00-5:30pm	SWM25012	SWM25047	SWM25082
	5:40-6:10pm	SWM25013	SWM25048	SWM25083
Level 2	6:20-6:50pm	SWM25014	SWM25049	SWM25084
	7:00-7:30pm	SWM25015	SWM25050	SWM25085
Level 3	6:20-7:00pm	SWM25016	SWM25051	SWM25086
	7:10-7:50pm	SWM25017	SWM25052	SWM25087
Level 4	5:00-5:50pm	SWM25018	SWM25053	SWM25088
Level 5/6	6:00-6:50pm	SWM25019	SWM25054	SWM25089

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

THURSDAY

LEVEL	TIME	1 (1/9-2/13)	2* (2/27-4/10)	3 (4/24-5/29)
Preschool	5:00-5:30pm	SWM25020	SWM25055	SWM25090
	5:40-6:10pm	SWM25021	SWM25056	SWM25091
Level 1	5:00-5:30pm	SWM25022	SWM25057	SWM25092
	5:40-6:10pm	SWM25023	SWM25058	SWM25093
Level 2	6:20-6:50pm	SWM25024	FULL	SWM25094
	7:00-7:30pm	SWM25025	SWM25060	SWM25095
Level 3	6:20-7:00pm	SWM25026	SWM25061	SWM25096
	7:10-7:50pm	SWM25027	SWM25062	SWM25097
Level 4	5:00-5:50pm	SWM25028	SWM25063	SWM25098
Level 5/6	6:00-6:50pm	SWM25029	SWM25064	SWM25099

SATURDAY

LEVEL	TIME	1 (1/11-2/15)	2* (3/1-4/12)	3 (4/26-5/31)
Aqua Kids	11:00-11:30am	SWM25030	SWM25065	SWM25100
Preschool	9:00-9:30am	SWM25031	FULL	SWM25101
	9:40-10:10am	SWM25032	FULL	SWM25102
	10:20-10:50am	SWM25033	SWM25068	SWM25103
Level 1	9:00-9:30am	SWM25034	FULL	SWM25104
	9:40-10:10am	SWM25035	SWM25070	SWM25105
	10:20-10:50am	SWM25036	FULL	SWM25106
Level 2	9:00-9:30am	SWM25037	FULL	SWM25107
	9:40-10:10am	SWM25038	FULL	SWM25108
	10:20-10:50am	SWM25039	SWM25074	SWM25109
Level 3	9:00-9:40am	SWM25040	SWM25075	SWM25110
	9:50-10:30am	SWM25041	SWM25076	SWM25111
	10:40-11:20am	SWM25042	SWM25077	SWM25112
Level 4	9:00-9:50am	SWM25043	SWM25078	SWM25113
Level 5/6	10:00-10:50am	SWM25044	SWM25079	SWM25114

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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 17th: IF

February 21st: INSIDE OUT 2

March 14th: TEENAGE KRAKEN

April 11th: DUCK DUCK GOOSE

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

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