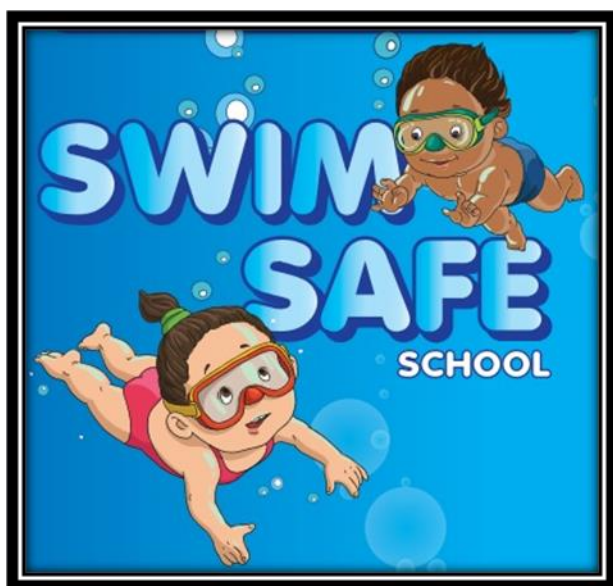


SWIMSAFE SCHOOL LESSON PROGRAM 2016



SwimSafe Pool Management, Inc. offers a wide variety of swim lessons for swimmers of all ages. Our instructors are highly qualified and trained by our own staff using our teaching philosophy and lesson curriculum. SwimSafe also now offers one place to sign-up for swim lessons! Instead of trying to manage paperwork, cash or check, simply chose your pool and pay by credit card online.

How to Choose the Right Station for your Child:

You can find more detailed information regarding our **SwimSafe School Lesson Program** on our **TeamUnify** website by clicking on **Lesson Information** under the SwimSafe School tab. Please read through the descriptions and station tests to carefully match your child's current skill level to our program.

2016 Session Dates:

Monday – Thursday

June 6 – June 16

June 20 – June 30

July 5 – July 14

July 18 – July 28

To Register:

- Select **Terrace Park Swim Club** from the **Location Filter** drop down box
- Click on the **Group Swim Lessons** bar towards the bottom of the page
- Click on the appropriate skill **Level** to see class offerings
- To filter by **Session**, click on the desired session from the drop down box
- Click on the **Class Cost/Days/Times** for more specific information. Click on the **Register** button next to the class time you desire and follow the prompts to complete the registration process. A confirmation with be emailed to you once the registration process is complete.

Inclement Weather: Classes may be cancelled due to inclement weather. If thunder or lightening is in your area within 15 minutes before the start of class, the lesson will be cancelled. When possible, a make-up class will be offered on Fridays. Please either call your pool to check on class status or visit our TU website under the News section. Updated information is also posted on our SwimSafe Facebook page. Make-up lessons will be held on Fridays whenever possible.

Waitlist: It is our goal to put every child into lessons. If you are on the waitlist, the Swim Lesson Coordinator from your pool will call with options for lessons the week before the session begins.



Frogs & Tadpoles: Mommy and Me: 10:00am-10:30am

(Age Guidelines: under 3) This is an interactive class and we recommend that the child has at least the ability to hold his/her head up independently. The class will mimic much of the Flounder Station, but will be catered to the age group and adult/child relationship. There will be a strong emphasis on safety, water acclimation, and teaching through game/song and parent involvement.



Flounder: Water Exploration: 10:00am-10:30am

(Age Guidelines: 3-7) The objective of this station is to help students feel comfortable in the water and enjoy the water safely. Students will be introduced to floats and bobs, as well as assisted locomotion in the pool. Students will need to be capable of being in a class setting without parent involvement. No experience necessary.



Jellyfish: Primary Skills: 10:00am-10:30am

(Age Guidelines: 3-8) Students learn to float without support and to recover to a vertical position. This station marks the beginning of locomotion skills and adds to the self help and basic rescue skills learned in Level 1. Students placed in this station have already achieved a sense of water acclimation and no longer show hesitation in a pool setting.



Octopus: Stroke Readiness: 9:30am - 10:00am

(Age Guidelines: 3-10) Students are taught to coordinate freestyle and backstroke. Elementary backstroke and fundamentals of treading water will be introduced in this station. Students will also begin the progression of diving and continue to learn safety skills.



Clownfish: Stroke Development: 9:30am - 10:00am

(Age Guidelines: 3-12) The objective of this station is to refine both freestyle and backstroke. Endurance will be increased in all skills learned in previous stations. Breaststroke, butterfly and flip turn development will be introduced, as well as the next step of the diving progression.



Seahorse: Stroke Refinement: 9:30am -10:00am

(Age Guidelines: 3-14) The objective of this station is the coordination and refinement of all four competitive strokes. Students will learn to swim all strokes legally, per swim team standards, at increased distances. Students will finish both the diving and flip turn progressions and be able to complete a 100 meter continuous swim.

Enroll Today!

Scan the QR code to go right to the Class Registration page:

www.teamunify.com/cmspmi

**Classes will be combined or cancelled
when enrollment is below three participants.**