

# SWIM LESSONS SESSION I

## Warren Community Center



### Mondays

September 30-November 18

#### Activity #31501

A. Level 3	4:15-5:05 pm
B. Preschool 2	4:35-5:05 pm
C. Level 1	5:10-6 pm
D. Level 2	5:10-6 pm
E. Parent-infant	7-7:30 pm
F. Level 1	7-7:50 pm
G. Level 3	7:35-8:25 pm
H. Beginner Adult	7:55-8:45 pm

### Tuesdays

October 1-November 19

#### Activity #31504

A. Preschool 1	9:30-10 am
B. Parent-infant	10:05-10:35 am
C. Preschool 2	10:40-11:10 am
D. Parent-tot	11:15-11:45 am
E. Preschool 3	11:50-12:20 pm
F. Preschool 2	4-4:30 pm
G. Preschool 3	4:35-5:05 pm
H. Level 2	5:10-6 pm
I. Level 4	5:10-6 pm
J. Level 2	7-7:50 pm
K. Level 3	7-7:50 pm
L. Beginner Teen	7:55-8:45 pm
M. Advanced Teen	7:55-8:45 pm

### Wednesdays

October 2-November 20

#### Activity #31505

A. Level 1	5:10-6 pm
B. Level 2	5:10-6 pm
C. Level 1	7-7:50 pm
D. Level 3	7-7:50 pm
E. Intermediate Teen	7:55-8:45 pm
F. Beginner Adult	7:55-8:45 pm

### REGISTRATION BEGINS:

**ON-LINE:** Tuesday, September 24, 9 am  
**WALK-IN:** Thursday, September 26, 9 am  
**PHONE-IN:** Friday, September 27, 9 am

### REGISTRATION FEES:

- Parent-infant/Parent-tot: \$55
- Pre-School: \$55
- Levels 1-6: \$65
- Teen/Adult lessons: \$65
- Semi-Private lessons: \$200  
\$25 ea. add. children

**NO REFUNDS AFTER THE  
SECOND CLASS.**

### Thursdays

October 3-December 5

No class October 31 and  
November 28

#### Activity #31507

A. Level 1	4:15-5:05 pm
B. Level 2	4:15-5:05 pm
C. Preschool 2	4:35-5:05 pm
D. Level 1	5:10-6 pm
E. Level 3	5:10-6 pm
F. Parent-infant	7-7:30 pm
G. Preschool 1	7-7:30 pm
H. Level 3	7:35-8:25 pm
I. Level 1	7:35-8:25 pm

### Fridays

October 4-November 22

#### Activity #31508

A. Preschool 1	4-4:30 pm
B. Preschool 2	4:35-5:05 pm
C. Level 1	5:10-6 pm
D. Level 4	5:10-6 pm
E. Level 1	6:05-6:55 pm
F. Level 2	6:05-6:55 pm
G. Level 3	7-7:50 pm
H. Level 2	7-7:50 pm

### Saturdays

October 5-November 23

No class November 2

#### Activity #31509

A. Parent-tot	9-9:30 am
B. Preschool 1	9-9:30 am
C. Preschool 2	9-9:30 am
D. Parent-infant	9:35-10:05 am
E. Preschool 2	9:35-10:05 am
F. Preschool 3	9:35-10:05 am
G. Level 1	10:10-11 am
H. Level 2	10:10-11 am
I. Level 3	10:10-11 am
J. Level 5	10:10-11 am
K. Level 1	11:10-Noon
L. Level 2	11:10-Noon
M. Level 4	11:10-Noon
N. Level 6	11:10-Noon

### Sundays

October 6-November 24

#### Activity #31511

A. Parent-infant	5-5:30 pm
B. Preschool 1	5-5:30 pm
C. Level 5	5:10-6 pm
D. Parent-tot	5:35-6:05 pm
E. Preschool 2	5:35-6:05 pm
F. Level 1	6:10-7 pm
G. Level 2	6:10-7 pm
H. Level 3	6:10-7 pm
I. Level 4	6:10-7 pm
J. Level 1	7:05-7:55 pm
K. Level 2	7:05-7:55 pm
L. Level 3	7:05-7:55 pm
M. Level 6	7:05-7:55 pm
N. Beginner Teen	8-8:50 pm
O. Intermediate Teen	8-8:50 pm
P. Beginner Adult	8-8:50 pm
Q. Intermediate Adult	8-8:50 pm

### FREE TESTING DAY

Bring your child in for a swim test at the Warren Community Center to determine placement level.

Saturday, September 7, 4-6 pm

### MAKE-UP LESSON POLICY

No make-up classes or refunds for participants who are unable to attend.

If the pool is closed due to maintenance issues or inclement weather, a make-up class will be scheduled.



To register, call  
**586-268-8400** or  
 visit [www.cityofwarren.org](http://www.cityofwarren.org)



### PRE-SCHOOL PROGRAM AGES, 4 AND UP

**Parent-Infant:** With the parent's assistance, infants will learn water adjustment and basic water skills. Skills will be introduced through games, songs, and activities. Swim diaper and plastic pants required. For ages 2 and under.

**Parent-Tot:** With the parent's assistance, toddlers will focus on water exploration, floating, basic locomotion, stroke readiness and stroke development. Skills will be introduced through games, songs, and activities. Swim diaper and plastic pants required for those under. For ages 2 to 4.

**Preschool 1:** For children who are in class for the first time without a parent. Focuses on enjoyment in and on water adjustment (students do not go underwater). Students are supported by a teacher for all skills. For ages 3-4.

**Preschool 2:** For children who are not afraid of the water. This class will build upon basic swimming skills so children can gain more confidence in the water. Students begin to go underwater and float, glide, kick, and swim with little to no assistance in this class. For ages 3-4.

**Preschool 3:** Students will float, glide, kick and swim with no assistance. Students will perform skills for longer durations/greater distances. Must be able to go underwater and swim on the front and back unassisted before enrolling. For ages 3-4.

### LEVEL PROGRAMS-AGES, 5 AND UP

**Level 1:** Students will work on increasing comfort in the water. Class objectives include full underwater bobs along and floating in the front and back with little to no assistance. For ages 5-10.

**Level 2:** For those who are ready to learn the foundations of front and back swimming. Students must be able to float with little or no assistance before enrolling. Previous swim lesson experience highly recommended. Ages 5-10.

**Level 3:** Students will learn correct technique for front crawl/elementary backstroke and will be introduced to dolphin kick, scissors kick and treading water. Must pass Level 2 or be able to swim 10 yards unassisted on the front and back before enrolling. Ages 5-12.

**Level 4:** Students will increase endurance for front crawl/elementary backstroke. Participants will learn the backcrawl, sidestroke, breaststroke and butterfly. Class is held in deep water; must pass Level 3 before enrolling. Ages 6-14.

**Level 5:** Students will work on coordination and refinement of strokes to increase endurance and efficiency while swimming. Flip turns will be introduced. Students must know all six strokes before enrolling. Ages 7-14.

**Level 6:** Students will continue with refinement of strokes in order to swim with more ease, efficiency, power and smoothness over greater distances. Fitness elements will be taught to students. Must be proficient in all six strokes before enrolling. Ages 8-14.

### TEEN PROGRAM-AGES, 10-15

**Beginner Teen:** This class is for students that have minimal swimming experience. Students will learn how to float, glide, kick and swim on the front and back. This class is for students who cannot do skills independently. Ages 10-15.

**Intermediate Teen:** This class is for students who can already float, glide, kick and swim on the front and back. Students will be taught proper form and technique for swimming front and backcrawl. Rhythmic breathing, elementary backstroke, and breaststroke will be introduced. Ages 10-15.

**Advanced Teen:** This class is for students that can proficiently swim the front and back crawl, elementary backstroke and breaststroke. Sidestroke and butterfly will be introduced. Students will begin to learn advanced techniques such as turns, and will begin distance/endurance swimming. Ages 10-15.

### ADULT PROGRAM-AGES, 16 AND UP

**Beginner Adult:** For those that have never swam before and have a fear of the water. Class focuses on becoming comfortable in and around the water. Skills will include going underwater, floating, gliding, kicking and swimming with the assistance of a floatation device and/or instructor if necessary.

**Intermediate Adult:** For those that have completed the Beginner class or are comfortable in the water. Students should be able to swim independently before enrolling. Class focuses on various strokes such as the front crawl, back crawl, breaststroke, elementary backstroke, sidestroke and butterfly. Correct form/technique will be taught.

**Advanced Adults:** For those who are strong swimmers and want to get a swim team type workout. This class will include proper stretches, warm-ups, workouts and cool downs.



## Infant Swimming Resource

October 21 - November 22

It's not just about swimming; it's about surviving a water accident. Drowning is the leading cause of death for children under 4 years of age. ISR Self-Rescue® techniques are designed to help children survive should they reach the water alone.

- Private, individualized swimming instruction
  - Teaching competence and confidence in the water
  - Founded in 1966 by Dr. Harvey Barnett
  - Global leader with 600+ ISR instructors internationally
  - Medical approval and safest swim lessons for students
  - Most kids achieve Independent Self-Rescue® skill within 6 weeks
  - 800+ ISR trained kids have used ISR Self-Rescue® to save themselves
- To register or for class details, contact Anna Anderson at 248-431-8534 or [a.anderson@infantswim.com](mailto:a.anderson@infantswim.com). Also visit us on the web at [www.facebook.com/ismetrodetroit](http://www.facebook.com/ismetrodetroit) and [www.infantswim.com](http://www.infantswim.com).

