



## **Summer 2024 Community Swim Class Information**

**Registration for Summer Swimming Lessons will begin on April 2nd, 2024 @ 12pm**

**To register online for our Programs go to: <http://veronanat.recdesk.com>.**

We are excited to be able to offer swim lessons this Summer!

- Lessons will be taught in both the Warm Water Pool and the Competition Pool.
- Each session this summer will have 8 classes.
- Lessons are filled on a “*first come, first serve*” basis.
- All classes have limited space available.
- We have a No-Refund policy.
  - Each child may register for one swim class (Parent/Tot-Level 6) at a time.
  - Full refunds will be given if the VASD Aquatic Department cancels a class.
  - A prorated refund may be given only if the severe illness or injury prevents participation.
  - In the case of an eligible situation for a refund, a house credit will be applied.
  - Individuals who register their children for more than one session at a time will not be eligible for a refund if they have placed their child in an incorrect class, or if they choose to cancel out and/or withdraw from a class.
- Occasionally, students may need to miss a lesson. Unfortunately, there are no make-up classes available for missed lessons.
- All classes must have a minimum number of students. VASD reserves the right to cancel, combine, or make schedule revisions as necessary.
- Age Prerequisites:
  - Parent/Tot 1: 6 months - 18 months
  - Parent/Tot 2: 18 months - 3 years
  - Preschool 1, 2, & 3: 4 years - 5 years
  - Level 1-6: 6 years old +
  - Teen/Adult: 14 years old +



## Learn-to-Swim Youth Class Levels

| LEVELS   | SIZE | Prerequisites  | SKILLS TAUGHT IN CLASS   |
|--|------|--|--|
| Level 1<br>Intro to<br>Water Skills              | 6    | Ages 6 & up<br>No skills required                                      | Enter/exit the water safely, submerging, bubble blowing through mouth & nose, object recovery, front glide & recovery, back glide, back float and recovery, treading arm & leg actions, alternate & alternating arm and leg actions & combined stroke on front and back at least 2 body lengths each. Discuss & demonstrate water safety skills.   |
| Level 2<br>Fundamental<br>Aquatic Skills         | 6    | Ages 6 & up<br>Able to perform all<br>Preschool 2 or<br>Level 1 skills | Jumping or stepping from the side, exit water safely, fully submerge, bobbing, object recovery, front float, tuck float, jellyfish float, front glide, front float or glide & recovery to standing, back glide, back float & recovery to standing, changing directions & body position, treading arm & leg actions in shoulder deep water, combined strokes on front & back for at least 5 body lengths, personal & water safety skills  |
| Level 3<br>Stroke<br>Development                 | 6    | Ages 6 & up<br>Able to perform all<br>Preschool 3 or<br>Level 2 skills | Deep water skills, jumping into deep water from the side, sitting & kneeling dives, rotary breathing, bobbing while moving to safety, survival floating, back float in deep water. changing directions in deep water, treading water in deep water, dolphin kicking on front, 1 length front crawl, 1 length elementary backstroke, scissors kick, water safety skills.  |
| Level 4<br>Stroke<br>Improvement                 | 6    | Ages 6 & up<br>Able to perform all<br>Level 3 skills                   | Deep water bobbing, buoyancy & floating positions in deep water, compact & standing dives, survival float, open turns on front & back, front crawl, elementary backstroke, back crawl, butterfly & sidestroke, pushing off in streamlined position, swimming underwater, feet first surface dives, treading water using different kicks, general & personal safety.  |
| Level 5<br>Stroke<br>Refinement                  | 6    | Ages 6 & up<br>Able to perform all<br>Level 4 skills                   | Shallow-angle tuck surface dives, pike surface dives, front flip turns, back flip turns, treading water for 5 minutes, front crawl & elementary backstroke - 50 meters, breaststroke, butterfly, backstroke & sidestroke - 25 meters, sculling - 30 seconds, water safety.   |
| Level 6<br>Swimming<br>and Skills<br>Proficiency | 6    | Ages 6 & up<br>Able to perform all<br>Level 5 skills                   | Level 6 goal is to refine strokes so participants swim them with more ease, efficiency, power and smoothness and over greater distances. Cooper 12-minute swim test at beginning & end of class. Front crawl & elementary backstroke - 100 meters, back crawl, breaststroke, sidestroke, and butterfly - 50 meters. Open turns, flip turns, circle swimming, using a pace clock, swimming w/pull-buoys, fins & paddles, setting up an exercise program, training techniques, target heart rates, & aquatic exercise, HELP & Huddle positions, feet first & headfirst surface dives, back float, survival float, and survival swimming, treading water w/o arms, surface dives in 7-10 feet, water safety skills. |

## Parent/Tot Class Levels

| LEVEL        | SIZE      | Prerequisite   | SKILLS TAUGHT IN CLASS   |
|--------------|-----------|--|--|
| Parent/Tot 1 | 12<br>Max | Ages 6m - 18m<br>At least one adult<br>must attend.      | Holding and support techniques, safety cues, entering /exiting the water, water adjustment, submerging, submerging in a rhythmic pattern, breath control, exploring buoyancy on front & back, changing directions, gliding on front & back with assistance, swimming on front and back, wearing life jackets & basic water safety. Socialization, enjoyment of the water and fun |
| Parent/Tot 2 | 12<br>Max | Ages 18m - 3 years<br>At least one adult<br>must attend. | Holding and support techniques, safety cues, entering /exiting the water, water adjustment, submerging, submerging in a rhythmic pattern, breath control, exploring buoyancy on front & back, changing directions, gliding on front & back with assistance, swimming on front and back, wearing life jackets & basic water safety. Socialization, enjoyment of the water and fun |



## Preschool Swim Classes

| LEVEL       | SIZE  | Prerequisite  | SKILLS TAUGHT IN CLASS   |
|-------------|-------|---|--|
| Preschool 1 | 5 Max | Ages 4 and 5<br>No Previous Skills Needed               | Enter & exit water safely, Breath control & submerging, bubble blowing, front glide & recovery, back glide & back float & recovery, changing directions, treading water arm & hand action, alternate & simultaneous arm and leg actions on front and back and personal & general water safety skills.  |
| Preschool 2 | 5 Max | Ages 4 and 5<br>Able to perform all Preschool 1 skills. | Enter & exit water safely, breath control & submerging, bubble blowing, bobbing, retrieval of underwater objects, front glide, front float & recovery, back glide, back float & recovery, changing directions and positions, treading ( 5 sec) arm & leg actions in shallow water, combined arm and leg actions on front and back, finning arm actions on back, self help & water safety skills. Exit skills assessment. |
| Preschool 3 | 5 Max | Ages 4 and 5<br>Able to perform all Preschool 2 skills  | Jumping in water safely, fully submerging & holding breath, bobbing with wall for support, front float, jellyfish float, tuck float & recovery, back glide, back float & recovery, changing directions and positions, treading in shoulder deep water (15 sec), combined arm and leg actions on front and back, finning arm actions on back, water safety skills. Exit skills assessment.                                |

## Other lessons

| LEVELS                               | SIZE | Prerequisite        | SKILLS TAUGHT IN CLASS   |
|--------------------------------------|------|---------------------|--|
| Private Lessons                      | 1    | Ages 4 to adult     | This class is learner based. The instructor will tailor the class to the students needs.   |
| Teen/Adult Class <u>Beginner</u>     | 6    | Must be 14 or older | The front crawl, back crawl, breaststroke, side stroke, and elementary backstroke will be worked on in this class. This course is designed for beginner swimmers or people who are afraid of the water.  |
| Teen/Adult Class <u>Intermediate</u> | 6    | Must be 14 or older | The front crawl, back crawl, breaststroke, side stroke, and elementary backstroke will be worked on in this class. This course is designed for swimmers who are not afraid of the water and would like to learn more about the different strokes |
| Teen/Adult Class <u>Advanced</u>     | 6    | Must be 14 or older | The front crawl, back crawl, breaststroke, side stroke, and elementary backstroke will be worked on in this class. This course is designed for swimmers who would like to work on stroke technique and endurance.                                |



**Verona Aquatics - Summer 2024 Swim Class Schedule**  
**MORNING SUMMER SESSIONS / Monday-Thursday for 2 weeks**

**Summer Lessons A**

| Session A - June 17 - June 27, 2024 (Mon-Thurs) |             |         |         |         |         |         |         |                |              |
|---|-------------|---------|---------|---------|---------|---------|---------|----------------|--------------|
| Time  | Preschool   | Level 1 | Level 2 | Level 3 | Level 4 | Level 5 | Level 6 | Private Lesson | Other        |
| 8:50am - 9:30am                                 |             |         |         |         |         |         |         | Private Lesson |              |
| 8:55am - 9:25am                                 |             |         |         |         |         |         |         |                | Parent/Tot 1 |
| 9:00am - 9:40am                                 |             |         |         | Level 3 |         |         |         |                |              |
| 9:05am - 9:45am                                 |             | Level 1 |         |         |         |         |         |                |              |
| 9:10am - 9:50am                                 |             |         |         |         |         |         |         | Private Lesson |              |
| 9:30am - 10:10am                                |             |         |         |         |         |         |         | Private Lesson |              |
| 9:35am - 10:05am                                | Preschool 3 |         |         |         |         |         |         |                |              |
| 9:45am - 10:15am                                | Preschool 1 |         |         |         |         |         |         |                |              |
| 9:50am - 10:20am                                |             |         |         |         |         |         |         |                | Parent/Tot 2 |
| 9:55am - 10:25am                                | Preschool 2 |         |         |         |         |         |         |                |              |
| 10:10am - 11:00am                               |             |         |         |         | Level 4 |         |         |                |              |
| 10:15am - 10:55am                               |             |         | Level 2 |         |         |         |         |                |              |
| 10:20am - 11:00am                               |             |         |         |         |         |         |         | Private Lesson |              |
| 10:25am - 11:15am                               |             |         |         |         |         |         | Level 6 |                |              |
| 10:30am - 11:10am                               |             |         |         | Level 3 |         |         |         |                |              |
| 11:00am - 11:50am                               |             |         |         |         | Level 4 |         |         |                |              |
| 11:05am - 11:35am                               | Preschool 2 |         |         |         |         |         |         |                |              |
| 11:05am - 11:55am                               |             |         |         |         |         | Level 5 |         |                |              |
| 11:15am - 11:45am                               | Preschool 1 |         |         |         |         |         |         |                |              |
| 11:20am - 12:00pm                               |             |         |         |         |         |         |         | Private Lesson |              |



**Verona Aquatics - Summer 2024 Swim Class Schedule**  
**MORNING SUMMER SESSIONS / Monday-Thursday for 2 weeks**

**Summer Lessons B**

| Session B - July 7 - July 18, 2024 (Mon-Thurs) |             |         |         |         |         |         |         |                |              |
|--|-------------|---------|---------|---------|---------|---------|---------|----------------|--------------|
| Time   | Preschool   | Level 1 | Level 2 | Level 3 | Level 4 | Level 5 | Level 6 | Private Lesson | Other        |
| 8:50am - 9:30am                                |             |         |         |         |         |         |         | Private Lesson |              |
| 8:55am - 9:25am                                |             |         |         |         |         |         |         |                | Parent/Tot 1 |
| 9:00am - 9:40am                                |             |         | Level 2 |         |         |         |         |                |              |
| 9:05am - 9:45am                                |             | Level 1 |         |         |         |         |         |                |              |
| 9:10am - 9:50am                                |             |         |         |         |         |         |         | Private Lesson |              |
| 9:30am - 10:10am                               |             |         |         |         |         |         |         | Private Lesson |              |
| 9:35am - 10:05am                               | Preschool 3 |         |         |         |         |         |         |                |              |
| 9:45am - 10:15am                               | Preschool 2 |         |         |         |         |         |         |                |              |
| 9:50am - 10:20am                               |             |         |         |         |         |         |         |                | Parent/Tot 2 |
| 9:55am - 10:35am                               |             | Level 1 |         |         |         |         |         |                |              |
| 10:10am - 11:00am                              |             |         |         |         |         | Level 5 |         |                |              |
| 10:15am - 10:55am                              |             |         | Level 2 |         |         |         |         |                |              |
| 10:20am - 11:00am                              |             |         |         |         |         |         |         | Private Lesson |              |
| 10:25am - 11:15am                              |             |         |         |         |         |         | Level 6 |                |              |
| 10:40am - 11:20am                              |             |         |         | Level 3 |         |         |         |                |              |
| 11:00am - 11:50am                              |             |         |         |         |         | Level 5 |         |                |              |
| 11:05am - 11:35am                              | Preschool 3 |         |         |         |         |         |         |                |              |
| 11:05am - 11:55am                              |             |         |         |         | Level 4 |         |         |                |              |
| 11:25am - 11:55am                              | Preschool 1 |         |         |         |         |         |         |                |              |
| 11:20am - 12:00pm                              |             |         |         |         |         |         |         | Private Lesson |              |



**Verona Aquatics - Summer 2024 Swim Class Schedule**  
**MORNING SUMMER SESSIONS / Monday-Thursday for 2 weeks**

**Summer Lessons C**

| <b>Session C - July 22 - August 1, 2024 (Mon-Thurs)</b> |                  |                |                |                |                |                |                |                       |              |
|---|------------------|----------------|----------------|----------------|----------------|----------------|----------------|-----------------------|--------------|
| <b>Time</b>   | <b>Preschool</b> | <b>Level 1</b> | <b>Level 2</b> | <b>Level 3</b> | <b>Level 4</b> | <b>Level 5</b> | <b>Level 6</b> | <b>Private Lesson</b> | <b>Other</b> |
| 8:50am - 9:30am   |                  |                |                |                |                |                |                | Private Lesson        |              |
| 8:55am - 9:25am   |                  |                |                |                |                |                |                |                       | Parent/Tot 1 |
| 9:00am - 9:40am   |                  |                |                | Level 3        |                |                |                |                       |              |
| 9:05am - 9:45am   |                  | Level 1        |                |                |                |                |                |                       |              |
| 9:10am - 9:50am   |                  |                |                |                |                |                |                | Private Lesson        |              |
| 9:30am - 10:10am  |                  |                |                |                |                |                |                | Private Lesson        |              |
| 9:35am - 10:05am  | Preschool 3      |                |                |                |                |                |                |                       |              |
| 9:45am - 10:15am  | Preschool 1      |                |                |                |                |                |                |                       |              |
| 9:50am - 10:20am  |                  |                |                |                |                |                |                |                       | Parent/Tot 2 |
| 9:55am - 10:25am  | Preschool 2      |                |                |                |                |                |                |                       |              |
| 10:10am - 11:00am                                       |                  |                |                |                | Level 4        |                |                |                       |              |
| 10:15am - 10:55am                                       |                  |                | Level 2        |                |                |                |                |                       |              |
| 10:20am - 11:00am                                       |                  |                |                |                |                |                |                | Private Lesson        |              |
| 10:25am - 11:15am                                       |                  |                |                |                |                |                | Level 6        |                       |              |
| 10:30am - 11:10am                                       |                  |                |                | Level 3        |                |                |                |                       |              |
| 11:00am - 11:50am                                       |                  |                |                |                | Level 4        |                |                |                       |              |
| 11:05am - 11:35am                                       | Preschool 2      |                |                |                |                |                |                |                       |              |
| 11:05am - 11:55am                                       |                  |                |                |                |                | Level 5        |                |                       |              |
| 11:15am - 11:45am                                       | Preschool 1      |                |                |                |                |                |                |                       |              |
| 11:20am - 12:00pm                                       |                  |                |                |                |                |                |                | Private Lesson        |              |



**Verona Aquatics - Summer 2024 Swim Class Schedule**  
**MORNING SUMMER SESSIONS / Monday-Thursday for 2 weeks**

**Summer Lessons D**

| <b>Session D - August 5 - August 15, 2024 (Mon-Thurs)</b> |                  |                |                |                |                |                |                |                       |              |
|---|------------------|----------------|----------------|----------------|----------------|----------------|----------------|-----------------------|--------------|
| <b>Time</b>   | <b>Preschool</b> | <b>Level 1</b> | <b>Level 2</b> | <b>Level 3</b> | <b>Level 4</b> | <b>Level 5</b> | <b>Level 6</b> | <b>Private Lesson</b> | <b>Other</b> |
| 8:50am - 9:30am   |                  |                |                |                |                |                |                | Private Lesson        |              |
| 8:55am - 9:25am   |                  |                |                |                |                |                |                |                       | Parent/Tot 1 |
| 9:00am - 9:40am   |                  |                | Level 2        |                |                |                |                |                       |              |
| 9:05am - 9:45am   |                  | Level 1        |                |                |                |                |                |                       |              |
| 9:10am - 9:50am   |                  |                |                |                |                |                |                | Private Lesson        |              |
| 9:30am - 10:10am  |                  |                |                |                |                |                |                | Private Lesson        |              |
| 9:35am - 10:05am  | Preschool 3      |                |                |                |                |                |                |                       |              |
| 9:45am - 10:15am  | Preschool 2      |                |                |                |                |                |                |                       |              |
| 9:50am - 10:20am  |                  |                |                |                |                |                |                |                       | Parent/Tot 2 |
| 9:55am - 10:35am  |                  | Level 1        |                |                |                |                |                |                       |              |
| 10:10am - 11:00am   |                  |                |                |                |                | Level 5        |                |                       |              |
| 10:15am - 10:55am   |                  |                | Level 2        |                |                |                |                |                       |              |
| 10:20am - 11:00am   |                  |                |                |                |                |                |                | Private Lesson        |              |
| 10:25am - 11:15am   |                  |                |                |                |                |                | Level 6        |                       |              |
| 10:40am - 11:20am   |                  |                |                | Level 3        |                |                |                |                       |              |
| 11:00am - 11:50am   |                  |                |                |                |                | Level 5        |                |                       |              |
| 11:05am - 11:35am   | Preschool 3      |                |                |                |                |                |                |                       |              |
| 11:05am - 11:55am   |                  |                |                |                | Level 4        |                |                |                       |              |
| 11:25am - 11:55am   | Preschool 1      |                |                |                |                |                |                |                       |              |
| 11:20am - 12:00pm   |                  |                |                |                |                |                |                | Private Lesson        |              |









