

TPAW SWIM ACADEMY

Session Runs: October 23 - December 11



BEGINNER LESSONS

H₂O Prepare (3 years-4 years)

DAY	TIME
M	10:05-10:45 a.m. 4:55-5:30 p.m. 5:40- 6:15 p.m.
Tu	4:10-4:45 p.m.
W	10:50-11:30 a.m. 4:10-4:45 p.m. 4:55-5:30 p.m.
S	9:45-10:20 a.m. 10:30-11:05 a.m.

H₂O Develop (4 years- 6 years)

DAY	TIME
M	4:55 -5:30 p.m. 5:40 - 6:15 p.m.
Tu	4:10-4:45 p.m. 4:55 - 5:30 p.m.
W	4:55-5:30 p.m.
S	9:45-10:20 a.m. 10:30-11:05 a.m. 11:15-11:50 a.m.

H₂O Endurance (5 years – 8 years)

DAY	TIME
M	4:50-5:30 p.m. 5:40- 6:15 p.m.
Tu	5:40- 6:15 p.m. 6:20-6:55 p.m.
W	4:55-5:30 p.m. 5:40- 6:15 p.m.
S	9:45-10:20 a.m. 11:15-11:50 a.m.

Registration

Members: October 9 (8 am)

Community: October 16 (8 am)

NO LESSONS Thanksgiving Week

Begins the week of October 23

H₂O Discover (6 months -3 years)

DAY	TIME
M	9:30-10:00 a.m.
Tu	4:10-4:40 p.m.
W	9:30-10:00 a.m. 4:10-4:40 p.m.
S	9:00-9:30 a.m. 9:45-10:15 a.m.

Advanced Lessons

H₂O Intro to Stroke (5 years- 8 years)

DAY	TIME
M	6:20-6:55 p.m. 7:05-7:40 p.m.
Tu	6:20-6:55 p.m.
W	6:20-6:55 p.m.
S	9:45-10:20 a.m. 10:30-11:05 a.m.

H₂O Developmental Stroke (6+ years)

DAY	TIME
M	6:20-6:55 p.m. 7:05-7:40p.m
Tu	6:20-6:55 p.m.
W	6:20-6:55 p.m. 7:0 5-7:40 p.m.
S	9:45-10:20 a.m. 10:30-11:05 a.m.

H₂O Master Stroke (8+ years)

DAY	TIME
M	6:20-6:55 p.m. 7:05-7:40 p.m.
Tu	6:20-6:55 p.m. 7:05-7:40 p.m.
S	10:30-11:05 a.m.

Lesson Pricing

Community Price: \$90

Member Price: \$45

Once a week for 7 weeks

Private Swim Lesson Pricing

Community Price: \$120









Member Price: \$75

Once a week for 4 weeks

Questions? Contact the Aquatics Department
at 515-289-9548 or email
aquatics@mytrailpoint.com

SWIM LESSON ACADEMY

Program Level Guide

<p>H₂O Discover (3 months – 4 years)</p> 	<p>Can your child blow bubbles? Can your child put their head under the water? Can your child enter and exit the water safely?</p> <p>NO to ANY questions? Enroll in H₂O Discover YES to ALL questions? Move to H₂O Explore</p>
<p>H₂O Explore (3 months – 4 years)</p> 	<p>Can your child do 5 or more bobs? Can your child hold their breath for 3 seconds? Can your child glide assisted?</p> <p>NO to ANY questions? Enroll in H₂O Explore YES to ALL questions? Enroll in H₂O Prepare</p>
<p>H₂O Prepare (3 – 4 years)</p> 	<p>Can participant float unassisted? Can participant glide unassisted? Can participant front crawl and backstroke 4 yards?</p> <p>NO to ANY questions? Enroll in H₂O Prepare YES to ALL questions? Enroll in H₂O Develop</p>
<p>H₂O Develop (4 – 6 years)</p> 	<p>Can participant glide 4 yards? Can participant front crawl and backstroke 7 yards? Can participant dolphin kick?</p> <p>NO to ANY questions? Enroll in H₂O Develop YES to ALL questions? Enroll in H₂O Endurance</p>
<p>H₂O Endurance (5 – 8 years)</p> 	<p>Can participant glide and dolphin kick 7 yards? Can participant freestyle and backstroke 10 yards? Can participant breaststroke 4 yards</p> <p>NO to ANY questions? Enroll in H₂O Endurance YES to ALL questions? Enroll in H₂O Intro to Stroke</p>
<p>H₂O Intro to Stroke (5 – 8 years)</p> 	<p>Can participant freestyle, backstroke, and dolphin kick 15 yards? Can participant breaststroke 7 yards? Can participant butterfly 4 yards?</p> <p>NO to ANY questions? Enroll in H₂O Intro to Stroke YES to ALL questions? Enroll in H₂O Developmental Stroke</p>
<p>H₂O Developmental Stroke (5 – 8 years)</p> 	<p>Can participant freestyle and backstroke 25 yards? Can participant breaststroke 15 yards? Can participant butterfly 7 yards?</p> <p>NO to ANY questions? Enroll in H₂O Developmental Stroke YES to ALL questions? Enroll in H₂O Master Stroke</p>
<p>H₂O Master Stroke (7 – 12 years)</p> 	<p>Can participant freestyle and backstroke 50 yards? Can participant breaststroke 25 yards? Can participant butterfly 15 yards?</p> <p>NO to ANY questions? Enroll in H₂O Developmental Stroke</p>