

SUMMER SWIM LESSON ACADEMY



Summer Session: June 5 – July 29

GROUP LESSONS

H2O Prepare (3 years-4 years)

DAY	TIMES	
M	10:50am-11:30am	4:50pm-5:30pm
Tu	4:50pm-5:30pm	6:20pm-7:00pm
W	4:50pm-5:30pm	5:35pm-6:15pm
Th	4:05pm-4:45pm	5:35pm-6:15pm
S	10:15am-10:55am	11:45am-12:25am

H2O Develop (4 years-6 years)

DAY	TIMES	
M	10:05am-10:45am	4:05pm-4:45pm
	5:35pm-6:15pm	
Tu	4:05pm-4:45pm	5:35pm-6:15pm
W	10:50am-11:30am	4:05pm-4:45pm
Th	4:50pm-5:30pm	
S	9:30am-10:10am	11:00am-11:40am

H2O Endurance (5 years- 8 years)

DAY	TIMES	
M	4:05pm-4:45pm	5:35pm-6:15pm
Tu	4:50pm-5:30pm	
W	10:05am-10:45am	4:05pm-4:45pm
	5:35pm-6:15pm	
Th	4:50pm-5:30pm	6:20pm-7:00pm
S	9:30am-10:10am	11:00am-11:40am

H2O Intro to Stroke (5 years – 8 years)

DAY	TIME	
M	4:50pm-5:30pm	6:20pm-7:00pm
Tu	4:50pm-5:30pm	5:35pm-6:15pm
W	4:50pm-5:30pm	
Th	4:50pm-5:30pm	5:35pm-6:15pm
S	10:15am-10:55am	11:45am-12:25am

H2O Developmental Stroke (5 years- 8 years)

DAY	TIMES	
M	4:50pm-5:30pm	6:20pm-7:00pm
Tu	4:05pm-4:45pm	5:35pm-6:15pm
W	5:35pm-6:15pm	6:20pm-7:00pm
Th	6:20pm-7:00pm	
S	10:15am-10:55am	11:45am-12:25am

H2O Master Stroke (7 years-12 years)

DAY	TIMES	
M	5:35pm-6:15pm	
Tu	6:20pm-7:00pm	
W	4:50pm-5:30pm	6:20pm-7:00pm
Th	4:05pm-4:45pm	5:35pm-6:15pm
S	11:00am-11:40am	

Registration for the TPAW Swim Academy will be in-person at the Membership desk or online at www.tinyurl.com/TrailPoint

PARENT-CHILD CLASSES

H2O Discover/Explore (3months-4 years)

DAY	TIME	
M	9:30am-10:00am	4:05pm-4:45pm
Tu	4:05pm-4:45pm	
W	9:30am-10:00am	4:05pm-4:45pm
Th	4:05pm-4:45pm	
S	9:30am-10:10am	

NEW ADVANCED LESSONS



H2O Excel (8 years- 14 years)

DAY	TIME	
M	6:30pm-7:30pm	
Tu	6:30pm-7:30pm	
W	6:30pm-7:30pm	
Th	6:30pm-7:30pm	

REGISTRATION BEGINS at 6 AM

May 22: MEMBERS ONLY

May 29: Non-Members



SWIM LESSON ACADEMY PRICING

Group Lessons

- Community Price: \$90 per child
- **MEMBER PRICING: \$45 per child**
- Once a week for 7 weeks

Semi-Private Lessons

- Community Price: \$105 per child
- **MEMBER PRICING: \$65 per child**
- Once a week for 4 weeks

Private Lessons

- Community Price: \$120 per child
- **MEMBER PRICING: \$75 per child**
- Once a week for 4 weeks

PRIVATE LESSON REGISTRATION INFO

To book private or semi-private lessons, please turn in a completed registration form to the Membership desk and the Aquatics department will contact you.

Questions?

Contact: Molly Charley

Phone: (515)-289-9548

Email: mjcharley@mytrailpoint.com

SWIM LESSON ACADEMY LEVELS

H₂O Discover/Explore

This class is all about DISCOVERING and EXPLORING the water! Your child will learn what it **feels** like to be in the water, maybe for the first time! This is an instructor-guided parent-child class that is great for children 3 months – 4 years old that are just getting used to the water!

H₂O Prepare

This class is about PREPARING your child to become more independent in the water! This will be considered the very basics our swim program is all about! Your child will learn how to do certain water skills on their own without the assistance of the instructor! Excellent for children 3 – 4 years old.

H₂O Develop

This class is all about DEVELOPING your child's water skills. Your child will learn the fine motor skills used in swimming, and how to use them efficiently! This class is great for children 4 - 6 years old.

H₂O Endurance

This class is all about working on ENDURANCE swimming! It is a great class to learn the proper and most efficient way to swim. Your child will learn new ways of swimming and be able to swim longer and farther! This class is great for children 5 – 8 years old.

H₂O Intro to Stroke

This class is the introduction to all the race STROKES used in swimming! Your child will have the opportunity to breakdown each stroke and learn them step-by-step, while also having fun! This is a great class for advanced swimmers ages 5 – 8 years old.

H₂O Developmental Stroke

This class focuses on the DEVELOPMENT of each stroke! This is where your child will fine tune his or her strokes and become proficient at them as well. A great class for more advanced swimmers 5 – 8 years old.

H₂O Master Stroke

This class is focused on your child MASTERING all of the race strokes! Your child will have the opportunity to master the strokes, and turns used in competitive swimming. This class is for highly advanced swimmers ages 7 – 12 years old.

H₂O Excel

This class will be a swim team style lesson that helps each swimmer improve every aspect of their swimming abilities by coaching them proper techniques like they are getting prepared for a real race! This class is for extremely advanced swimmers ages 7 – 12 years old.