



TRAIL POINT SWIM ACADEMY

Spring 2018 Lessons: April 2 – May 19

7 Week Group Lesson = \$45 Members / \$90 Community
 4 Week Private Lesson = \$75 Members / \$120 Community

AQUATICS & WELLNESS

Member Registration: March 19
 Non-Member Registration: March 26

| | | |
|---|---------------|--|
| H₂O Discover | | 3 months – 3 years |
| LEVEL GUIDE | | |
| Can your child blow bubbles? Can your child put their head under the water? Can your child enter and exit the water safely? | | |
| NO to ANY questions? Enroll in H ₂ O Discover | | YES to ALL questions? Move to H ₂ O Prepare |
| Tu | 4:10-4:40pm | |
| W | 9:30-10:00am | 4:10- 4:40pm |
| Sa | 8:45- 9:15am | 9:00-9:30am 9:45-10:15am |
| H₂O Prepare | | 3 – 4 years |
| LEVEL GUIDE | | |
| Can participant float unassisted? Can participant glide unassisted? Can participant front crawl and backstroke 4 yards? | | |
| NO to ANY questions? Enroll in H ₂ O Prepare | | YES to ALL questions? Move to H ₂ O Develop |
| M | 4:10-4:45pm | 4:55-5:30pm 5:40- 6:15pm |
| Tu | 4:10-4:45pm | |
| W | 10:50-11:30am | 4:55-5:30pm |
| Sa | 9:45-10:20am | 10:30-11:05am |
| H₂O Develop | | 4 – 6 years |
| LEVEL GUIDE | | |
| Can participant glide 4 yards? Can participant front crawl and backstroke 7 yards? Can participant dolphin kick? | | |
| NO to ANY questions? Enroll in H ₂ O Develop | | YES to ALL questions? Enroll in H ₂ O Endurance |
| M | 4:55 -5:30pm | 5:40 - 6:15pm |
| Tu | 4:10-4:45pm | 4:55 - 5:30pm |
| W | 4:55-5:30pm | |
| Sa | 9:45-10:20am | 10:30-11:05am 11:15-11:50am |
| H₂O Endurance | | 5 – 8 years |
| LEVEL GUIDE | | |
| Can participant glide and dolphin kick 7 yards? Can participant freestyle and backstroke 10 yards? Can participant breaststroke 4 yards? | | |
| NO to ANY questions? Enroll in H ₂ O Endurance | | YES to ALL questions? Enroll in H ₂ O Stroke |
| M | 4:50-5:30pm | 5:40- 6:15pm |
| Tu | 5:40- 6:15pm | 6:20-6:55pm |
| W | 4:55-5:30pm | 5:40- 6:15pm |
| Sa | 9:45-10:20am | 10:30-11:05am |
| H₂O Intro to Stroke | | 5 – 8 years |
| LEVEL GUIDE | | |
| Can participant freestyle, backstroke, and dolphin kick 15 yards? Can participant breaststroke 15 yards? Can participant butterfly 4 yards? | | |
| NO to ANY questions? Enroll in H ₂ O Intro to Stroke | | YES to ALL questions? Enroll in H ₂ O Developmental Stroke |
| M | 6:20-6:55pm | |
| Tu | 6:20-6:55pm | |
| W | 6:20-6:55pm | |
| Sa | 9:45-10:20am | 10:30-11:05am |
| H₂O Developmental Stroke | | 6+ years |
| LEVEL GUIDE | | |
| Can participant freestyle and backstroke 25 yards? Can participant breaststroke 25 yards? Can participant butterfly 15 yards? | | |
| NO to ANY questions? Enroll in H ₂ O Developmental Stroke | | YES to ALL questions? Enroll in H ₂ O Master Stroke |
| M | 6:20-6:55pm | |
| Tu | 6:20-6:55pm | |
| W | 6:20-6:55pm | |
| Sa | 9:45-10:20am | 10:30-11:05am |
| H₂O Master Stroke | | 8+ years |
| LEVEL GUIDE | | |
| Can participant freestyle and backstroke 50 yards? Can participant breaststroke 25 yards? Can participant butterfly 25 yards? | | |
| NO to ANY questions? Enroll in H ₂ O Developmental Stroke | | YES to ALL questions? Enroll in H ₂ O Master Stroke |
| M | 6:20-6:55pm | |
| Tu | 6:20-6:55pm | |
| Sa | 10:30-11:05am | |
| Private Swim Lessons | | All Ages |
| Register with the Aquatics Office | | |
| Email: aquatics@mytrailpoint.com | | Call: 515-289-9548 |