

# GAC YOUTH AQUATICS

## Winter Swim Lessons—Session 2

*Tuesday, February 12—Saturday, March 16 (five weeks)*

Registration for members only begins January 28, 2019

Registration for non-members begins February 4, 2019

*\*The last day to withdraw with a refund is February 20, 2019*

Day	Time		Levels			
Saturday	9:30-10:10		Beginner	Advanced Beginner	Intermediate	
	10:15-10:55	Parent-Tot	Beginner	Advanced Beginner		Stroke Dev.
	11:10, 11:30, 11:50	20- minute private lessons for children only register with Aquatics Director or Deck Coordinator				
Tuesday	5:30-6:10		Beginner	Advanced Beginner		Intermediate
	6:15-6:55		Beginner	Advanced Beginner	Stroke Dev.	
Thursday	5:30-6:10	Parent-Tot	Beginner	Advanced Beginner		Stroke Dev.
	6:15-6:55		Beginner	Advanced Beginner	Intermediate	



	Member	Non-member
Program costs	\$50	\$65

To register or for more information, contact Jessica Haney, Aquatics Director, by voicemail at (810) 606-7540. Children 3 and under must wear swim diapers.

**NO refunds or make-ups for missed classes. Payment is needed at registration.**



Want to receive the latest information about upcoming programs? Sign up for the GAC Insider, an email newsletter for GAC members.

[eepurl.com/MK3t](http://eepurl.com/MK3t)

**GENESYS**  
ATHLETIC CLUB

# CLASS DESCRIPTIONS

## **Parent/Tot** – (teaching ratio 10:1)

40-minute class with 30 minutes of instruction & 10 minutes of free swim.

For infants 6-months or older and toddlers not ready for group lessons. Parents learn methods and progressions to help their child become comfortable in the water. Parent is required to be in the water with child. All children 3 and younger must wear swim diapers.

## **Beginner** - (teaching ratio 4:1)

40-minute class.

For children 3-years & older who are ready to learn in a group lesson without a parent in the water. Child may not be comfortable in the water and cannot yet float or swim independently. Skills taught include learning comfortable submersion, assisted floats, assisted beginner strokes and progressing to unassisted front float and back floats and swimming unassisted. Children not yet potty-trained must wear a swim diaper.

## **Advanced Beginner** - (teaching ratio 5:1)

40-minute class.

For children who are comfortable in the water and can float on their front/back independently and swim unassisted. Skills taught include learning beginning breath control, unassisted beginner strokes on front and back, and learning to swim longer distances by being able to “catch a breath” and keep going.

## **Intermediate** - (teaching ratio 6:1)

40-minute class.

For children who can swim approximately 12 yards (width of our therapy pool) on their front and back. Skills taught include learning freestyle with rhythmic breathing and backstroke, and breaststroke kick.

## **Stroke Development** – (teaching ratio 6:1)

40-minute class.

For children who have passed the intermediate level. Child must be able to swim freestyle with side breathing and backstroke for 25 yards (length of lap pool). Child must be comfortable in the deeper water lanes of the lap pool (maximum 5 feet deep). Skills taught include improving freestyle, backstroke and learning beginning drills for breaststroke and butterfly. Class is held in the lap pool with the instructor in the water.

## **20-minute - Private Lessons**- (1:1) Immediately following all Saturday daytime group lessons.

A one-on-one 20-minute private lesson taught by one of our qualified instructors. Pre-registration is required. Please call the Swim Lesson Coordinator, at 810-606-7540 for more information, costs and to register. **Cancellations must be made within 8 hours, by calling 606-7540 or the lesson fee will be charged. There are no refunds or make-ups for missed private lessons unless cancelled within 8 hours. Register early as these private lessons fill up quickly.**