

COST

Group Lessons: \$50 resident / \$60 non-resident
Splash Class: \$35 resident / \$45 non-resident

REGISTRATION

- Registration begins Fri, April 1.
- All participants must pre-register in the Rec Office in the Community Ctr.
- Registrations must be turned in at the Rec Office no later than Thursday prior to the class' start date.
- All classes are subject to cancellation as a result of insufficient registration. Please register as soon as possible to avoid disappointment.
- No registrations will be taken at the pools.
- Registration forms must be filled out and signed by parent/guardian.
- Payment is required at the time of registration. (Partial scholarships are available to those who qualify.)

MAKE UP POLICY

If Rochester Rec makes the decision to cancel a swim lesson, for weather or pool related reasons, a make up lesson may be offered to the best of our ability.

POOL RULES

The pool rules are posted at each pool site. They are for the safety and health of all users. Rochester Rec and its lifeguards reserve the right to dismiss any user from the pool area.

SWIM LESSON REPORT CARDS

WILL BE HANDED OUT AT THE CONCLUSION OF EACH LESSON SESSION. NOT EVERY SWIMMER PASSES EVERY LEVEL THE FIRST TIME. THERE ARE MANY DIFFERENT SKILLS TO LEARN INCLUDING ENDURANCE AND FORM.

GROUP SWIM LESSONS --FOR CHILDREN--

Beginner & Intermediate

$\frac{1}{2}$ hour lesson Mon-Fri for 2-week session

Session 1: June 27-July 8

Session 2: July 18-29

Session 3: August 8-19

<u>Lesson</u>	<u>Time</u>	<u>Pool Location</u>
Toddler	10:20-10:50am	Hanson Pines KP
Toddler	11:00-11:30am	Hanson Pines KP
Level I	11:00-11:30am	Gonic & East Roch
Level I	11:40am-12:10pm	Gonic & East Roch
Level II	10:20-10:50am	Gonic & East Roch
Level II	9:40-10:10am	Gonic & East Roch
Level III	9:00-9:30am	Gonic & East Roch

Swim instructors reserve the right to assess participant's skill and adjust class level as needed.

Advanced (Levels 4 & 5)

1-hour lesson Mon-Fri for 1-week session

July 11-July 15 9:00-10:00am Gonic Pool
(10:15-11:15am if 9:00am fills)

Saturday Lessons

Saturdays from July 9-August 13

45-minute lesson for 6 weeks

<u>Lesson</u>	<u>Time</u>	<u>Pool Location</u>
Toddler	10:00-10:45am	Hanson Pines KP
Toddler	11:00-11:45am	Hanson Pines KP
Minnow	10:00-10:45am	Hanson Pines
Minnow	11:00-11:45am	Hanson Pines

Splash Class

6 Tuesdays: July 12 - August 16 12:15-12:45pm
Gonic Pool

SWIM LEVEL DESCRIPTIONS

Splash Class- Ages 0-2. Parents must accompany child in pool. Class will include introduction to water through singing songs, games and lots of splashing. Instructor: Brinn

Toddler - Ages 2-4. Water exploration for tykes just starting off in the water. Lessons take place in the wading pool at Hanson Pines. Parents must stay with children BUT do not participate in lesson.

Level I—Minnow: Minimum 4 years of age and 42" tall. Comfortable working without parent. Able to make eye contact and focus on directions and practice for a least 5 minutes. Understands the concept of taking turns. Limited experience in the water. Must be able to stand in 3 1/2 feet of water.

Level II—Flounder: Must be able to: —Fully submerge head with eyes open for at least 3 seconds. —Float on front and back with instructor's support. —Fully submerge head and exhale before returning to the surface for more air for at least 5 times. —Walk along the bottom of pool in chest deep water at least one width while using front crawl arm stroke with arms coming out of the water with each stroke. —Hold onto the poolside and do a crawl kick on the front and on the back.

Level III—Sunfish: Must be able to: —Circle the side of the pool using a hand-over-hand motion. —Fully submerge and retrieve an object by hand in at least 3' of water. —Push off from the poolside and glide motionless for 15' on both front and back. —Hold a kickboard and demonstrate front and back crawl kicks one width of the pool. —Jump into deep water, return to horizontal position and swim the length of the pool using a front or back crawl stroke with arms clearing the surface of the water with each stroke.

Level IV—Catfish: Must be able to: —Retrieve object on the bottom in chin deep water. —Bob completely underwater expelling air each time for 15 continuous bobs. —Must be able to tread water for 1 minute. —Swim at least one length of the front crawl, one length of the back crawl, and one length of the elementary backstroke without resting between lengths.

Level V—Barracuda: Must be able to: —Demonstrate the dolphin kick, breaststroke kick, and the sidestroke kick using a kickboard for a least one length of the pool. —Tread water using two different kicks for a total of 2 minutes. —Swim the front crawl with rotary breathing with no lifting of the head. —Swim 100 yards each of the front crawl, back crawl and elementary back stroke.

--PUBLIC SWIM-- POOL SCHEDULE

Pools Scheduled to Open
Saturday, June 25

Swim tests will be required for public swim.

HOURS OF OPERATION

SCHEDULE SUBJECT TO CHANGE

Gonic & East Rochester:

Mon-Fri 1:00-7:00pm

Sat & Sun 12:00-6:00pm

Hanson Pines:

Mon-Fri 2:00-7:00pm

Sat & Sun 12:00-6:00pm

LOCATIONS

- HANSON PINES (Kiddie Pool too)

In front of High School.

- EAST ROCHESTER

Behind the Nancy Loud School.

- GONIC

Below Gonic Elementary School.

SWIM DIAPER or RUBBER PANTS

It is mandatory for any child under 3 years of age to wear a swim diaper or rubber pants when using the pool. Anyone who is not potty trained must also wear a swim diaper or rubber pants.

Accidents can cause the pool to be closed for a 24-hour period or more.

WEATHER

The outdoor pools may close on occasion due to inclement weather. Anytime lightning is visible, thunder is heard or a storm warning is announced, the guards will ask swimmers to wait under covered structure or leave the area immediately.

DEPARTMENT OF RECREATION, ARENA &
YOUTH SERVICES (RAYS)
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www.rochesterrec.com



Pools --and-- Swim Lessons 2011

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