

**Morning Classes 4 Days a Week**  
**Monday thru Thursday**  
 Session 1: June 4 - 14  
 Session 2: June 18 - 28  
 Session 3: July 9 - 19

**Evening Classes 3 Days a Week**  
**Monday-Wednesday-Friday**  
 Session 1: June 11 - 27  
 Session 2: July 9 - 25

**FEES:**

\$49 for Saginaw Residents  
 \$59 for non-Saginaw residents  
**Eight 30-minute classes AM & PM**



**Session 1 June 4 - June 14**  
 Levels

9 am	1	2	4	Little & Me
9:40 am	1	2	3	Little & Me
10:20 am	1	2	3	Level 5 SwimTeamPrep
11:00 am	Available for Private Lessons			



**Session 2 June 18 - June 28**  
 Levels

9 am	1	2	3	Little & Me
9:40 am	1	2	4	Little & Me
10:20 am	1	2	3	Level 5 SwimTeamPrep
11:00 am	Available for Private Lessons			



**Session 3 July 9 - July 19**  
 Levels

9 am	1	2	3	Little & Me
9:40 am	1	2	3	Little & Me
10:20 am	1	2	4	Level 5 SwimTeamPrep
11:00 am	Available for Private Lessons			

**SWIM LESSON**

**REGISTRATION GUIDELINES**

Early registration is suggested as classes fill up quickly. Register at Saginaw Rec Center  
 Residents Registration Begins: 4/7 and  
 Non-Resident Registration Begins: 4/21

1. All classes have limited enrollment.
2. Questions? Please call 817-230-0350
3. All Registrations in person only.
4. Payment is due at the time of registration.



**Evening Classes**

**Session 1 6/11 - 27      Session 2 7/9 - 25**  
 Levels

7:15 pm	1	2	3	Little & Me
7:55 pm	1	2	4	Little & Me
8:35 pm	Level 5 Swim Team Prep !			



**"LITTLE & ME"**

A parent-caregiver/child class, designed for kids 1 - 3 years of age. Water safety, swim and exit skills are taught, all while having fun and singing nursery rhymes.

For further information, please call  
**682-200-7865**

**2018 SUMMER**  
**SWIM LESSON SCHEDULE**  
**City of Saginaw**  
**Aquatic Center**

In cooperation with



Prepare your child to be on a  
 Swim Team!  
 Sign Up NOW for "Level 5"  
**SWIM TEAM PREP !**



**SWIM LESSON CLASS LOCATION:**

Saginaw Aquatic Center  
 605 West McLeroy Blvd.  
 817-230-0350


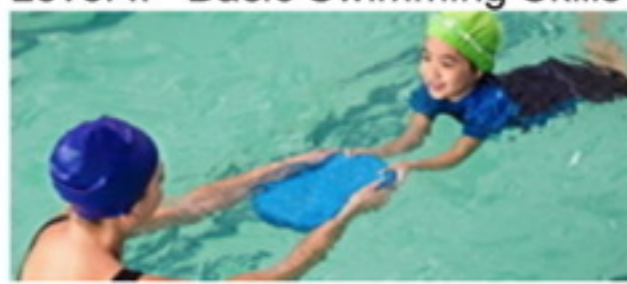



**REGISTRATION AT THE**  
**Saginaw Rec. Center**  
**633 W. McLeroy Blvd**  
**Saginaw 76179**

Saginaw Residents Only: Begins April 7<sup>th</sup>  
 Open Registration: Begins April 21<sup>st</sup>  
 For more information, please call  
**817-230-0350**

**Find out what level to enroll your child**  
**in at our**  
**FREE EVALUATION**  
**June 1<sup>st</sup> from 6 - 8PM**  
**At the Aquatic Center**



## Saginaw Aquatics Program

LEVEL	PURPOSE	COURSE CONTENT INCLUDES:
<p>Level I Introduction to Swimming</p> 	<ul style="list-style-type: none"> <li>• FOR THE CHILD THAT DOES NOT PUT THEIR FACE IN THE WATER</li> <li>• Create a firm foundation for swimming and water safety skills</li> <li>• Increase comfort level in the water and introduces breath control</li> <li>• Teach how to get out of pool safely</li> </ul>	<ul style="list-style-type: none"> <li>• Proper entry and exit from pool</li> <li>• Submerge mouth, nose &amp; eyes</li> <li>• Blowing bubbles and face in water</li> <li>• Supported front and back float</li> <li>• Supported front and back glide</li> <li>• Safety rules, how to get out of water &amp; get help</li> </ul>
<p>Level II Basic Swimming Skills</p> 	<ul style="list-style-type: none"> <li>• FOR THE CHILD THAN CAN PUT THEIR FACE IN THE WATER</li> <li>• Expand on fundamental swimming, water &amp; safety skills</li> <li>• Teach Freestyle and Backstrokes</li> <li>• Teach side/rotary breathing</li> </ul>	<ul style="list-style-type: none"> <li>• Independent front and back float</li> <li>• Turning over front to back, back to front</li> <li>• Independent front and back glide</li> <li>• Introduction to Freestyle Stroke &amp; kick</li> <li>• Introduction to Backstroke &amp; kick</li> <li>• Introduction to side/rotary breathing</li> </ul>
<p>Level III Swimming Skill Development</p> 	<ul style="list-style-type: none"> <li>• FOR CHILD THAT SWIMS FREESTYLE AND BACKSTROKE INDEPENDENTLY</li> <li>• Increase swimming skill competency &amp; confidence</li> <li>• Teach breaststroke and sidestroke</li> <li>• Increase breath control and side/rotary breathing skills</li> </ul>	<ul style="list-style-type: none"> <li>• Increase proficiency and stamina with freestyle and backstroke</li> <li>• Improve rotary breathing efficiency</li> <li>• Introduction to breaststroke and sidestroke</li> <li>• Treading water 30 seconds</li> </ul>
<p>Level IV Advanced Swimming Skills</p> 	<ul style="list-style-type: none"> <li>• FOR STUDENTS WHO SWIM FREESTYLE, BACKSTROKE, &amp; BREASTSTROKE</li> <li>• Refine freestyle and backstroke skills</li> <li>• Increase distance and stamina for each stroke</li> <li>• Teach Butterfly and survival float</li> <li>• Teach turns on wall used in competition racing</li> </ul>	<ul style="list-style-type: none"> <li>• Front crawl-Freestyle 25 yards</li> <li>• Backstroke, breaststroke &amp; sidestroke 25 yards</li> <li>• Introduction to Butterfly stroke and kicks</li> <li>• Turns at the wall</li> <li>• How to freestyle swim three or more (25 yard) laps with competition wall turns</li> </ul>
<p>Level V <b>SWIM TEAM PREP</b></p> 	<ul style="list-style-type: none"> <li>• FOR STUDENTS THAT HAVE COMPLETED AND PASSED LEVEL 4 (OR EQUIVALENT), THAT ARE INTERESTED IN LEARNING WHAT IT TAKES TO EARN A SPOT ON A COMPETITIVE SWIM TEAM</li> <li>• Freestyle, Backstroke, Breaststroke, and Butterfly skills will be increased beyond previously taught level 4</li> <li>• Students will learn how to achieve the speeds, times, and endurance to compete against other swimmers</li> </ul>	<ul style="list-style-type: none"> <li>• Training to swim a 100 yard freestyle with touch flip turns at competitive speeds</li> <li>• Training to swim a 100 yard backstroke with touch flip turns at competitive speeds</li> <li>• Training to swim a 75 yard breaststroke at competitive speeds</li> <li>• Training to swim a 25-50 yard butterfly, depending on incoming strength</li> </ul>