

**Morning Classes 4 Days a Week**

**Monday thru Thursday**

Session 1: June 3 - 13

Session 2: June 17 - 27

Session 3: July 8 - 18

**Evening Classes 3 Days a Week**

**Monday-Wednesday-Friday**

Session 1: June 10 - 26

Session 2: July 8 - 24

**FEES:**

\$49 for Saginaw Residents

\$59 for non-Saginaw residents

**Eight 30-minute classes AM & PM**



**Session 1 June 3 - 13**

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 17 - 27**

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 8 - 18**

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: 4/6 and Non-Resident Registration Begins: 4/20

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 June 10 - 26 Session 2 July 8 - 24

Levels

7:15 pm	1	2	3	Little & Me
7:55 pm	1	2	4	Little & Me
7:55 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

**2019 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 6<sup>th</sup>

Open Registration: Begins April 20<sup>th</sup>

For more information, please call  
**817-230-0350**

**Find out what level to enroll your child  
in at our**

**FREE EVALUATION**

**Tuesday May 28<sup>th</sup> from 6 – 8PM**






**At the Aquatic Center**

# Off The Deep

Fort Worth, Texas  
682-200-7865



## Saginaw Aquatics Program

LEVEL	PURPOSE	COURSE CONTENT INCLUDES:
Level I Introduction to Swimming 	<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>
Level II Basic Swimming Skills 	<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>
Level III Swimming Skill Development 	<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>
Level IV Advanced Swimming Skills 	<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>
Level V <b>SWIM TEAM PREP</b> 	<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>