



SPR Swim Lessons at the Michael Phelps Skill Center



Location: Michael Phelps Skill Center at 15 Lund Rd., Saco

Fee: \$75.00-\$120.00 per session, depending on length of session

Sessions: Half-hour to One-hour classes offered in 5-7 week programs:

Session 1: September 10th, 2014 - October 22th, 2014 - 7 Weeks

Session 2: October 29th, 2014 - December 17th, 2014 - 7 Weeks ***No classes 11/26

Session 3: January 7th, 2015 - February 11th, 2015 - 6 Weeks

Session 4: February 25th, 2015 - April 1st, 2015 - 6 Weeks

Session 5: April 8th, 2015 - May 20th, 2015 - 6 Weeks ***No classes 4/22

Session 6: May 27th, 2015 - June 24th, 2015 - 5 Weeks

Max: 4 participants per class, per session

Registration: Register online at www.sacorec.com or at the Community Center

CLASS DESCRIPTIONS

Get Wet: 6 months - 3 years old.

Get Wet is a parent and child class for children three years of age and younger (exceptions are made for older children). While focusing on water comfort, games, and relaxing in a warm water environment, parents are encouraged to challenge each child's skills and level of comfort in the water. Continually under the guidance of a competent instructor, the emphasis in Get Wet is on fun in the water! This class is offered several times a week and the morning sessions are the perfect companion program to SPR's school year Sandbox Open Gym.

Program details:

- **Session options:**
 - Monday mornings from 11:00-11:30 am
 - Wednesday mornings from 11:00-11:30 am
 - Wednesday evenings from 4:30-5:00 pm or from 5:30-6:00pm
- Session dates listed above.
- **Fee:** based on length of session, includes registration for both Parent and Child. *Every child must have a parent partner to participate.*
- **Max:** 8 participants per session (4 children and 4 parent partners)



Pre-Beginner Divisions

Pre-Beginner is our first class without parental involvement. Children must have reached the age of three to enroll in this level. The emphasis in Pre-Beginner is on basic water skills such as assisted and unassisted floating, blowing bubbles and retrieving items from the bottom of a shallow (3 foot) area. Listening to instructions and working within a group are stressed along with important water safety lessons. Pre-Beginner includes games and activities that build confidence while increasing the child's comfort and feel for the water. Finally, children will become comfortable swimming under the water.

Pre-Beginner has two age divisions; the skills covered in the two divisions are identical.

- **Pre-Beginner I:** 3-6 years old. Wednesdays 4:30-5:00 pm and 5:30-6:00 pm
- **Pre-Beginner II:** 7-12 years old. Wednesdays 4:30-5:00 pm

Beginner Divisions

In Beginner, children are comfortable in the water, able to completely submerge, and can float on their front and back. The emphasis in Beginner is on development of confidence and feel for the water. Children remain in the Beginner level until they are swimming freestyle and demonstrating rotary breathing. It is anticipated that children will remain in this level for multiple sessions, as the skills to be mastered are quite broad and varied.

Beginner has two age divisions; the skills covered in the two divisions are identical.

- **Beginner I:** 3-6 years old. Wednesdays 5:00-5:30 pm and 5:30-6:00 pm
- **Beginner II:** 7-12 years old. Wednesdays 5:00-5:30 pm

Advanced Beginner Divisions

In Advanced Beginner, freestyle (crawl stroke) skills are honed and other competitive strokes are introduced and taught. The emphasis in Advanced Beginner is on confidence with freestyle and building comfort with other strokes. Children should be able to demonstrate rotary breathing, have mastered the air exchange process.

Advanced Beginner has two age divisions; the skills covered in the two divisions are identical.

- **Advanced Beginner I:** 3-6 years old. Wednesdays 6:00-6:30 pm
- **Advanced Beginner II:** 7-12 years old. Wednesdays 6:00-6:30 pm

Intermediate: 7-12 years old. Wednesdays 6:00-6:30 pm

The Intermediate is the highest level of group instruction. Intermediate swimmers can swim for a distance unaided. Additionally, these swimmers demonstrate comfortable rotary breathing with freestyle, a competent backstroke, and a feel for the water. The fundamentals of breaststroke and butterfly are reinforced. These children will work to improve their skills so they can swim several laps of each stroke with confidence.

Stroke Development Class: 7-12 years old. One hour sessions on Wednesdays from 5:00-6:00 pm. Stroke Clinic is a six-hour program refining and developing better stroke technique. Swimmers must be 6 years old and able to swim 25 yards freestyle and 25 yards backstroke (or 30 seconds continuously).

**For any questions on levels, please contact the
Michael Phelps Skill Center at 207-494-8200**