

Monroe Aquatics and Fitness Center

Swim School

Our Learn-to-Swim program offers a group instructional setting for participants of all swimming levels. Ages range from infants to adults. All swim classes are taught by American Red Cross-certified instructors. Each member is encouraged to progress at their own pace. **A minimum of three participants is needed to hold a class.**

Registration is required for all swim lessons

Parent and Child Aquatics

STARFISH

This class introduces basic skills to parents and children. Parents learn how to safely work with their child in the water including how to appropriately support and hold their child in the water and how to prepare and encourage their child to participate fully and try the skills. Children receive an introduction to basic skills that lay the foundation for learning to swim. In addition, parents are introduced to several water safety topics.

***An adult must be present in the water with each child.**

Fee: \$25.00 per child

Prerequisites: None

Age Requirement: 6 Months- 2 1/2 years old

Learning Objectives:

- Feel comfortable in the water.
- Enter and exit the water safely.
- Explore breath control and submerging.
- Explore floating on the front and back.
- Change body position in the water.

Preschool Aquatics

DUCK- Preschool LTS Level 1

This class is designed for children who do not have previous experience in a structured class setting or being away from their parents/guardians in the water. Children will work on basic swimming skills to become comfortable in the water. Skills will be learned through play and incidental learning to encourage a fun and enjoyable experience in the water. Preschool 1 introduces basic aquatic skills. In addition, children start developing positive attitudes and safe practices around the water in Preschool Aquatics Level 1.

Fee: \$25.00 per child

Prerequisites: None

Age Requirement: 2 1/2-5 years old

Learning Objectives:

- Entering the water independently using ramp, steps or side and travel at least 5 yards.
- Submerging mouth and blowing bubbles for at least 3 seconds.
- Exiting the water safely.
- Gliding on front for at least 2 body lengths with support.
- Rolling to back and floating for 3 seconds with support.
- Recovering to a vertical position with support.

SEA TURTLE-Preschool LTS Level 2

The objectives of Preschool 2 are to further develop basic aquatic skills. Children begin to perform these skills at a slightly more advanced level. Many skills in Preschool 1 are performed with assistance. Preschool 2 marks the beginning of independent aquatic locomotion skills. Children continue to explore using simultaneous and alternating arm and leg actions on the front and back to gain greater proficiency in preparation for performing strokes.

Fee: \$25.00 per child

Prerequisites: Successfully demonstrate the exit skills assessments from Preschool Aquatics Level 1

Age Requirement: 2 1/2-5 years old

Learning Objectives:

- Gliding on front at least 2 body lengths.
- Rolling to back, floating on back for 15 seconds, and then recovering to a vertical position.
- Gliding on back for at least 2 body lengths.
- Rolling to front, then recovering to a vertical position.
- Swimming using combined arm and leg actions on front for 3 body lengths.
- Rolling to back, floating for 15 seconds, rolling to front then continuing to swim on front for 3 body lengths.

SEA OTTER-Preschool LTS Level 3

In Preschool Aquatics Level 3, our instructors follow a plan to introduce new swimming and water safety skills that are developmentally appropriate for young children and help further your child's development of water competency.

Fee: \$25.00 per child

Prerequisites: Successfully demonstrate the exit skills assessments of Preschool Aquatics Level 2

Age Requirement: 3-5 years old

Learning Objectives:

- Stepping from the side into chest-deep water.
- Pushing off the bottom and moving into a treading or floating position for 15 seconds, swimming on front and/ or back for 5 body lengths and then exiting the water.
- Moving into a back float for 15 seconds, rolling to front then recovering to a vertical position.
- Pushing off and swimming using combined arm and leg actions on front for 5 body lengths.
- Rolling to back, floating for 15 seconds, rolling to front then continuing to swim for 5 body lengths.

Youth Aquatics

SALAMANDER- Youth LTS Level 1

This class is designed to orient participants to the aquatic environment and to help them gain basic aquatic skills. In addition, participants start learning about how to be safe around water.

Fee: \$30.00 per child

Prerequisites: None

Age Requirement: 6-12 years old

Learning Objectives:

- Entering the water independently using the ramp, steps or side.
- Traveling at least 5 yards, bobbing 5 times and then safely exiting the water.
- Opening eyes underwater and retrieving submerged object.
- Gliding on front with assistance at least 2 body lengths.
- Rolling to a back oat for 5 seconds with assistance.
- Recovering to a vertical position with assistance.
- Combined arm and leg actions on front and back with assistance.
- Alternating and simultaneous arm and leg actions on front and back with assistance.

It is common for children to participate in several sessions of Level 1 before they successfully demonstrate each skill. That is okay! It is not important how quickly they move through a level, but that they acquire each skill.

JELLY FISH- Youth LTS Level 2

This class is designed for children who have successfully completed Level 1: Introduction to Water Skills. Learn to Swim Level 2 builds on the basic aquatic skills and water safety skills and concepts learned in Level 1. Participants begin to perform skills at a slightly more advanced level and begin gaining rudimentary propulsive skills on both the front and the back. This level marks the beginning of independent aquatic locomotion skills.

Fee: \$30.00 per child

Prerequisites: Successful demonstration of all certification requirements from Level 1

Age Requirement: 6-12 years old

Learning Objectives:

- Stepping from the side into chest-deep water.
- Fully submerging and holding breath.
- Pushing off the bottom, moving into a treading or floating position for at least 15 seconds, swimming on front and/ or back for 5 body lengths and then exiting the water.
- Moving into a back float for 15 seconds, rolling to front and then recovering to a vertical position.

CROCODILE- Youth LTS Level 3

In Learn-to-Swim Level 3, our instructors follow a plan to introduce new swimming and water safety skills and to build on previously learned skills. Your child learns to swim the front crawl and elementary backstroke at rudimentary levels, is introduced to the scissors and dolphin kicks, learns the survival float and increases the time duration for treading water. Your child also learns the rules for head first entries and begins to learn to enter the water head first from a seated position at poolside (if the water is 9 feet deep or deeper). Each class is loaded with fun, engaging and challenging activities that motivate children to want to perform and learn to swim and help your child develop water competency.

Fee: \$30.00 per child

Prerequisites: Successful demonstration of all certification requirements from Level 2

Age Requirement: 6-12 years old

Learning Objectives:

- Flutter, scissors, breaststroke and dolphin kicks.
- Jumping into deep water from the side, recovering to the surface, maintaining position by treading or floating for 1 minute, rotating a full turn and then turning as necessary to orient to the exit point.
- Swimming the front crawl and/or elementary backstroke for 25 yards and then exiting the water.
- Pushing off in a streamlined position, swimming the front crawl for 15 yards, changing position and direction, swimming the elementary backstroke for 15 yards and then exiting the water.

STING RAY- Youth LTS Level 4

This class is designed for children who have successfully completed Level 3. In Level 4 participants improve their aquatic skills and increase their endurance by swimming the strokes learned in Level 3 for greater distances and with more advanced proficiency. Participants add arm actions to the previously learned scissor kick and breaststroke kick to perform the rudimentary sidestroke and to learn the breaststroke. Participants also begin to learn the back crawl and butterfly as well as the basics of performing a simple open turn at a wall.

Fee: \$30.00 per child

Prerequisites: Successful demonstration of all completion requirements from Level 3

Age Requirement: 6-12 years old

Learning Objectives:

- Flutter, scissors, breaststroke and dolphin kicks.
- Jumping into deep water from the side, recovering to the surface, maintaining position by treading or floating for 1 minute, rotating a full turn and then turning as necessary to orient to the exit point.
- Swimming the front crawl and/or elementary backstroke for 25 yards and then exiting the water.
- Pushing off in a streamlined position, swimming the front crawl for 15 yards, changing position and direction, swimming the elementary backstroke for 15 yards and then exiting the water.

Swim Team Youth Aquatics

Monroe Penguins- Pre Swim Team

Swimmers who take part in our Pre-Swim Team course are often preparing for more advanced programs, such as competitive swimming. This course is customized to meet the objectives of the participants. For instance, this option can help those who want to achieve a higher level of fitness. Because of the variety this level offers, you can repeat it to focus on different goals and activities each time.

Fee: \$30.00 per child

Prerequisites: Valid American Red Cross Learn-to-Swim Level 5: Stroke Refinement certificate OR Successful demonstration of all completion requirements from Level 5

Age Requirement: 6-18 years old

Adult Swimming Lessons

Developed for older teens and adults, our programs give adult swimmers at every level the opportunity to improve their skills in a safe environment – and under the guidance of a trained instructor. Adult Swim Lessons focus on three tracks depending on the participant's skill level: Learning the Basics, Improving Skills and Swimming Strokes, and Swimming for Fitness.

SEAL- Adult LTS: Basics

Fee: \$30.00 per adult

Prerequisites: None

Age Requirement: 13 or older

Learning Objectives: Adults learn to relax, get comfortable with face in the water and learn basic strokes.

PUFFER FISH- Adult LTS: Intermediate

Fee: \$30.00 per adult

Prerequisites: None

Age Requirement: 13 or older

Learning Objectives: Participants begin to perform skills at a slightly more advanced level and begin gaining rudimentary propulsive skills on both the front and the back.

SHARKS- Adult LTS: Swim Fitness

Fee: \$30.00 per adult

Prerequisites: None

Age Requirement: 13 or older

Learning Objectives: Training for a triathlon? Just want to get back into the swim of things? Swimming for fitness is for adult swimmers looking to improve time or to compete year-round.