



Group Swim Lessons

November - December 2016

Welcome to the South Jordan Fitness & Aquatic Center Swim School!

We pride ourselves on providing programs that fit your specific needs. Whether you're just starting out or an advanced swimmer looking to refine your technique, we have a class for you!

For a list of specific class times and to register online please visit : www.activityreg.com

Class Dates	Times	Four/Five Weeks (Eight 30-min. lessons)					Session Fees (Resident/Non-Res.)	Registration Opens
November 1 - 29 (no class on 11/24)	4-7pm	T/TH	T/TH	T/TH	T	T	\$40/\$45	October 17
November 5 - 26	9am-12pm	Sat.	Sat.	Sat.	Sat.		\$20/\$25	October 17
December 6 - 29	4-7pm	T/TH	T/TH	T/TH	T/TH		\$40/\$45	November 21

Note: No Saturday Lessons in December due to Holidays.

A skills assessment will take place the first day of class to ensure that swimmers are in the most appropriate level for their success. Swim School staff reserve the right to transfer swimmers to another level regardless of previous levels passed. Correct level placement is in the best interest of individual students and our classes as a whole.

To register for lessons...

- Visit the South Jordan Fitness & Aquatic Center
- Call 801- 253-5236 after 8am
- Visit www.activityreg.com

We reserve the right to cancel or combine classes as needed. Any cancellation of a registered participant will be subject to our refund policy. In the event of missed classes we are unable to provide credits, refunds, or make-ups. For safety reasons, spectators will be asked to sit on the pool benches. Dressing rooms and lockers are available. Times and dates are subject to change without notice. In the event of a pool closure a Safety Day will be held in lieu of lessons in the water.

Use this chart to determine which level is most appropriate for your swimmer:	
Aqua-Tots	Skills: Parents learn to help their children blow bubbles; submerge mouth, nose and eyes; float on front and back; and retrieve dive sticks.
Level 1: Guppies	Skills: Gaining comfort with the water. Float on front and back with assistance. Able to retrieve dive sticks from shallow depth.
Level 2: Goldfish	Skills: Gaining comfort with the water without help from instructor. Float on front and back with and without kicking. Able to retrieve dive sticks.
Level 3: Angelfish	Skills: Able to float with kicking and ready to learn structured arm and leg movements. Learn to control breath for side breathing on American crawl.
Level 4: Swordfish	Skills: Learn structured movements for backstroke, elementary back stroke, and breaststroke. Able to control breathing.
Level 5: Sharks	Skills: Able to swim unassisted. Learning and perfecting strokes (American crawl, back stroke, breast stroke, butterfly, side stroke). Build endurance treading water.

