

South Jordan Aquatic Center

2016-2017

Off-Track Lessons (9AM-12PM)

Off-Track Swim Lessons

<u>Track</u>	<u>Dates</u>	<u>Week 1</u>	<u>Week 2</u>	<u>Week 3</u>	<u>Session Fees</u> (Resident/Non-Res.)	<u>Registration Dates:</u>
All	July 6 - 22	WF	MWF	MWF	\$40R / \$45NR	22-Jun
D	July 27 - Aug 12	WF	MWF	MWF	\$40R / \$45NR	13-Jul
C	Aug 17 - Sept 2	WF	MWF	MWF	\$40R / \$45NR	3-Aug
B	-	-	-	-	-	-
A	-	-	-	-	-	-
D	Oct 26 - Nov 11	WF	MWF	MWF	\$40R / \$45NR	12-Oct
C	-	-	-	-	-	-
B	Dec 5 - Dec 21	MWF	MWF	MW	\$40R / \$45NR	21-Nov
A	Jan 2 - 18	MWF	MWF	MW	\$40R / \$45NR	19-Dec
D	Jan 23 - Feb 8	MWF	MWF	MW	\$40R / \$45NR	9-Jan
C	Feb 13 - Mar 1	MWF	MWF	MW	\$40R / \$45NR	30-Jan
B	Mar 6 - 22	MWF	MWF	MW	\$40R / \$45NR	20-Feb
A	Mar 27 - Apr 12	MWF	MWF	MW	\$40R / \$45NR	13-Mar
D	Apr 17 - 28	MWF	MWF	-	\$30R / \$35NR	3-Apr
C	May 1 - 12	MWF	MWF	-	\$30R / \$35NR	17-Apr
B	May 22 - Jun 2	MWF	MWF	-	\$30R / \$35NR	8-May
A	Jun 12 - 28	MWF	MWF	MW	\$40R / \$45NR	29-May

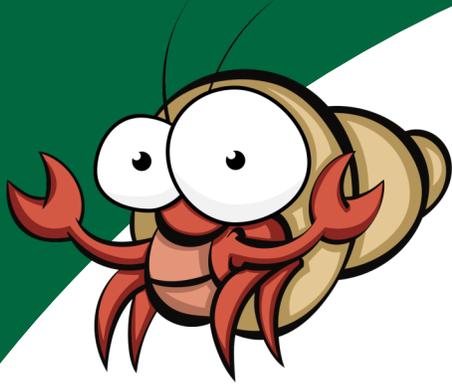
We reserve the right to cancel or combine classes as needed. Any cancellation of a registered participant will be subject to our refund policy. In the event of missed classes we are unable to provide credits, refunds, or make-ups. For safety reasons, spectators will be asked to sit on the pool benches. Dressing rooms and lockers are available.

***Upcoming Dates:**

Sept 5 Labor Day Oct 20 - 21 Fall Recess Nov 23 - 25 Thanksgiving Recess Dec 22 - Jan 2 Winter Recess
 Jan 16 MLK JR Day Feb 20 Presidents Day Recess April 10 - 14 Spring Recess May 29 Memorial Day



South Jordan Fitness & Aquatic Center | 10866 S. Redwood Rd. | South Jordan, UT 84095



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



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 your swimmer is at:	
Aqua-Tots (Bubbles) 6 Months - 3 Years	Parents learn to help their children blow bubbles; submerge mouth, nose and eyes; float on front and back; and retrieve dive sticks.
Beg. Pre-School (Squirt) 3 Years - 5 Years	Participants will be taught how to blow bubbles, submerge face front and back float, front and back glides, kicking on front and back, circle arms, understanding pool rules. All skills will be assisted by instructor.
Adv. Pre-School (Crush) 3 Years - 5 Years	Prior to entering advanced toddler, front and back floats need to be performed without assistance. Skills include submerge face, front and back floats, front and back glides, kicking on front and back, basic front crawl, understanding pool rules. Transition to independent swimming.
Level 1: (Nemo) 5 1/2 Years +	This course is designed to be a beginning level course for children 5 and older. Skills that will be taught include: submerged face, front and back floats, front and back glides, kicking on front and back, front crawl, and age-appropriate safety tips.
Level 2: (Dory)	This level focuses on the transition to independent swimming. Those that have passed advanced Pre-school would enter this level. Skills include: front and back floats, front and back stroke.
Level 3: (Marlin)	The skill in this level includes: front crawl with side breathing, back crawl, elementary backstroke, treading water, butterfly kick and motion, and jumping in to the deep end to retrieve submerged object. Level three will be in the lap lanes to strengthen endurance.
Level 4: (Bruce)	This level is a precursor to the precompetitive level. Distance swimming in front crawl and back stroke will be improved upon as well as butterfly, breaststroke kick, and open flip turns.
Tidal Waves: Pre-Comp/Comp Teams	Perfecting strokes while swimming laps. Building strength, endurance, and developing healthy and safe exercise practices. <i>See separate flyer for schedule.</i>