

SATURDAYS -
Washington-Liberty & Yorktown - APRIL 13

SWIM SCHOOL (6-13 YEARS OLD): Swim School uses age-appropriate activities to develop fundamental swim and water safety skills. Children will be assessed and placed into one of five learning phases. As they progress, children will learn fundamental swim skills through five color learning phases: WHITE: submersion, RED: body position and air recovery, YELLOW: forward movement and direction change, BLUE: rotary movement, and GREEN: integrated movement. Each learning phase also includes water safety and self-rescue skills. After completing the GREEN learning phase, the swimmer may enroll in STROKE SCHOOL.

SATURDAY	April 13– June 8	10:05 AM – 10:50 AM	YORKTOWN	
SATURDAY	April 20 – June 15	10:45 AM – 11:30 AM	WAKEFIELD	
SATURDAY	April 13– June 8	11:10 AM – 11:55 AM	WASHINGTON-LIBERTY	
SATURDAY	April 20 – June 15	11:40 AM – 12:25 PM	WAKEFIELD	
SATURDAY	April 13– June 8	12:30 AM – 1:15 PM	YORKTOWN	
SATURDAY	April 13– June 8	12:20PM – 1:05 PM	WASHINGTON-LIBERTY	
Course	Day (S)	Dates	Times	Pool

STROKE SCHOOL (6-13-YEARS OLD): **PRE-REQUISITE:** Swimmers must be able to tread water and survival float for at least 30 seconds AND swim basic freestyle stroke with "swim-roll-swim" or rotary (side) breathing.

Stroke School builds on the fundamental swimming skills acquired in Swim School. Swimmers will progress through five color learning phases: WHITE: Freestyle, RED: Backstroke, YELLOW: Butterfly, BLUE: Breaststroke, and GREEN: Endurance. Each learning phase also includes water safety and self-rescue skills. After completing the GREEN learning phase, the swimmer may enroll in Swim Academy.

SATURDAY	April 20 – June 15	8:45 AM – 9:30 AM	WAKEFIELD
SATURDAY	April 13– June 8	9:30 AM – 10:15 AM	WASHINGTON-LIBERTY
SATURDAY	April 13– June 8	10:05 AM – 10:50 AM	YORKTOWN
SATURDAY	April 13– June 8	12:00 PM – 12:45 AM	YORKTOWN

AQUA ACADEMY (FITNESS): **Pre-requisite:** Swimmers must be able to tread water and survival float for 2 minutes AND swim 25 yards each of freestyle, backstroke, breaststroke, and butterfly. Description: Swimmers will continue to improve and refine the four competitive strokes in addition to learning starts, turns and training strategies. Advanced swimming skills such as surface and springboard diving will also be introduced. Coaches will provide a 30-40-minute swimming workout followed by 10-20 minutes of instruction in new aquatic recreation or advanced skill. This Academy is ideal for those who wish to enjoy swimming and water activities without the pressure of competition.

SATURDAY	April 13– June 8	11:00 AM – 11:50 AM	YORKTOWN
----------	------------------	---------------------	----------

ADULT SWIM SCHOOL (13 and older):

Swimmers will work in groups of similar skill levels to develop fundamental swimming competencies such as front and back floating, body position and air recovery. Introduction to deep water safety skills is also included. Groups will focus on developing fundamental swim skills or refining the four competitive swim strokes and building endurance, depending on swimmer interests and goals.

SATURDAY	April 13– June 8	8:30 AM – 9:15 AM	WASHINGTON-LIBERTY
----------	------------------	-------------------	--------------------

: The adult stroke school will focus on stroke development and refinement and include strength and endurance drills. Participants must be able to float and streamline on the front, back, and side, or have basic knowledge of the freestyle and backstroke, and be able to tread water for 1 minute and be comfortable in deep water. If you are currently participating in Adult Swim School, ask your Coach if you should register for Stroke!

SATURDAY	April 13– June 8	8:30 AM – 9:15 AM	WASHINGTON-LIBERTY
----------	------------------	-------------------	--------------------

Saturday Classes at the Wakefield Aquatic Center will run from APRIL 20 – June 15
due HVAC Equipment replacement project

THANK YOU FOR CHOOSING THE APS AQUATICS SCHOOL