

Flagstaff Athletic Club Group Swim Lessons

Summer 2022

Group Swim Session 1:

June 6th-June 16th M-Th

4:00pm—Pre-School 1/2

4:00pm—Learn-To-Swim 1

4:30pm—Pre-School 3

4:30pm—Learn-To-Swim 2

5:00pm—Learn-To-Swim 3

5:00pm—Learn-to-Swim 1

Group Swim Session 2:

June 20th-June 30th M-Th

4:00pm—Pre-School 3

4:00pm—Learn-To-Swim 2

4:30pm—Pre-School 1/2

4:30pm—Learn-To-Swim 1

5:00pm—Learn-to-Swim 2

5:00pm—Learn-To-Swim 3

Group Swim Session 3:

July 11th-July 21st M-Th

4:00pm—Pre-School 1/2

4:00pm—Learn-To-Swim 3

4:30pm—Pre-School 3

4:30pm—Learn-To-Swim 2

5:00pm—Learn-To-Swim 1

5:00pm—Pre-School 3

Group Swim Session 4:

July 25th-Aug 4th M-Th

4:00pm—Pre-School 3

4:00pm—Learn-To-Swim 2

4:30pm—Pre-School 2

4:30pm—Learn-To-Swim 3

5:00pm—Pre-School 3

5:00pm—Learn-To-Swim 1

Pricing Per Session:

Group Swim Lessons

\$60 / members

\$80 / non-members

Parent-Tot

\$50 / members

\$70 / non-members

PARENT-TOT SUMMER SESSIONS

Session 1: May 30th-June 8th MW—5:30pm

Session 2: June 13th-June 22nd MW—5:30pm

Session 3: July 11th-July 20th MW—5:30pm

Session 4: July 25th-August 3rd MW—5:30pm



Skills introduced in Pre-School 1, 2, & 3:

- Enter/exit water using steps and side
- Blow bubbles while bobbing
- Submerging to retrieve objects
- Floating on front/back
- Gliding and floating on front/back
- Rolling front to back/back to front
- Leg and arm action on front/back

Skills introduced in Learn-to-Swim 1, 2, 3:

- Entering/jumping into the water
- Submerging to retrieve objects
- Rotary breathing
- Freestyle
- Backstroke
- Breaststroke (LTS 3)
- Butterfly (LTS 3)
- Elementary Backstroke (LTS 3)
- Head-first entry (LTS 3)
- Tread water

Pre-School 1/2—Performed with support /assistance from the instructor, this class is designed to familiarize children with the aquatic environment, develop positive attitudes and safe practice around water as well as teach them rudimentary basic aquatic skills.

Pre-School 3—Perform skills independently, this class is designed to build on topics and skills presented in pre-school 2 including rudimentary basic aquatic skills and prepare for Learn-to-Swim 1.

Pre-school 1, 2, 3 designed for ages 3-6

Learn-to-Swim 1: Introduction to Water Skills—Help participants develop positive attitudes and safe practices around water. Skills should be performed with assistance from instructor.

Learn-to-Swim 2: Fundamental Aquatic Skills—Build on the basic aquatics skills and concepts learned in LTS 1. Skills should be performed independently from instructor.

Learn-to-Swim 3: Stroke Development—Build on the skills taught in LTS 1 and 2 and teach participants water competency in a pool environment while developing strokes further. Skills should be performed independently.



FLAGSTAFF ATHLETIC CLUB

Maximum 6 children per lesson, 8 in Parent-Tot, space is limited, pre-registration is required. Registration forms can be dropped off to either location front desk or emailed to fac@flagstaffathleticclub.com

FAC Group Swim Lessons Registration Form		
Please list name of participant below.		Date of Birth
Name:		
Member: _____	Non-Member: _____	*child must be a member to receive member pricing*
\$60—Group Lessons / \$50—Parent-Tot	\$80—Group Lessons / \$70—Parent-Tot	
Home Address:		City: _____
		Zip: _____
Phone Number: _____		
Email: _____		
Program Information		
Class Level: _____		
Session Dates: _____		
Time: _____		
House Charge: _____ Credit Card: _____		
Credit Card # (Required for non-members)	Exp Date	CCV#
Name as it appears on card	Zip Code	
Signature _____	Date _____	Time _____

Group Swim Session 1:	Group Swim Session 2:	Group Swim Session 3:	Group Swim Session 4:	PARENT-TOT SUMMER SESSIONS
<u>M-Th June 6th-June 16th</u>	<u>M-Th June 20th-June30th</u>	<u>M-Th July 11th-July 21st</u>	<u>M-Th July 25th-Aug 4th</u>	Session 1: <u>May 30th-June 8th</u> 5:30pm
4:00pm—Pre-School 1/2	4:00pm—Pre-School 3	4:00pm—Pre-School 1/2	4:00pm—Pre-School 3	Session 2: <u>June 13th-June 22nd</u> 5:30pm
4:00pm—Learn-To-Swim 1	4:00pm—Learn-To-Swim 2	4:00pm—Learn-To-Swim 3	4:00pm—Learn-To-Swim 2	Session 3: <u>July 11th-July 20th</u> 5:30pm
4:30pm—Pre-School 3	4:30pm—Pre-School 1/2	4:30pm—Pre-School 3	4:30pm—Pre-School 1/2	Session 4: <u>July 25th-August 3rd</u> 5:30pm
4:30pm—Learn-To-Swim 2	4:30pm—Learn-To-Swim 1	4:30pm—Learn-To-Swim 2	4:30pm—Learn-To-Swim 3	
5:00pm—Learn-To-Swim 3	5:00pm—Learn-to-Swim 2	5:00pm—Learn-To-Swim 1	5:00pm—Pre-School 3	
5:00pm—Learn-to-Swim 1	5:00pm—Learn-To-Swim 3	5:00pm—Pre-School 3	5:00pm—Learn-To-Swim 1	