



## Pool Party Rentals

Interested in renting the pool for a pool party? The pool is available Friday, Saturday and Sunday evenings from 7:30 – 9:30 p.m. during swim season. Call our office to reserve, 770-985-3535.

Refundable Deposit: \$200

Fee: \$200

\*Lifeguards must be contracted through our pool company, at an additional rate (number of lifeguards vary depending on number of attendees).

## Children's Group Swim Lessons

All classes meet Monday-Thursday for two weeks (8 class total). Classes cancelled due to inclement weather will either be rescheduled on Fridays or the time of each remaining class will be extended to compensate. Each participant must meet qualifications for advancement as well as be in attendance for all classes in order to advance to another level.

Sessions: (I) June 3-13  
(II) June 17- 27  
(III) July 1 – 11 (Jul 4 lesson on Friday)\*\*  
(IV) July 15 - 25  
(V) July 29 – August 8 (Evening Classes Only)  
Class Days: Monday-Thursday (except 1<sup>st</sup> week of Session III)\*\*

Parent Assisted Sessions: (I) Saturdays only June 8 – Jun 29 (4 classes total)  
(II) Saturdays only Jul 6 – Jul 27 (4 classes total)

### Morning

Pre School 1	9 – 9:30 a.m.	(6 spots open - 6 per group)
Pre School 2	9 – 9:30 a.m.	(6 spots open - 6 per group)
Level 1	9:45 – 10:15 a.m.	(12 spots open - 6 per group)
Level 2-3	10:30 – 11 a.m.	(16 spots open - 8 per group)

### Evening

Level 1	6:15 – 6:45 p.m.	(6 spots open - 6 per group)
Level 2-3	6:15 – 6:45 p.m.	(8 spots open - 8 per group)
Level 2-3	7 – 7:30 p.m.	(8 spots open - 8 per group)
Level 4-6	7 – 7:30 p.m.	(8 spots open - 8 per group)

Parent Assisted I	10:15 – 10:45 a.m.	(8 spots open)
Parent Assisted II	11:00 - 11:30 a.m.	(8 spots open)

### Fee:

Snellville city limit residents: \$45 per child/ per session

Gwinnett county resident: \$60 per child/per session

Non-Gw resident \$70 per child/per session

## Swim Lessons Levels

Parent Assisted I – Ages 6 months to 2 years

Water orientation for children. Parents (one adult per child) are required to be in the water with child. Skills include breath control, floating, kicking, and games.

Parent Assisted 2 – Ages 2 to 3 years

Advanced water orientation for toddlers. Parents (one adult per child) are required to be in water with child. Skills include water entries and exit, front kicks, blowing bubbles, breath control underwater, front and back glide, coordinated arm strokes, kick on back, coordinated arm strokes on back. Introduction of life jackets and pool rules.

#### Preschool Level 1 – Introduction to Water Skills

Ages 3-5 - There are no prerequisites for this course. The objective of this course is to build students' confidence in the water. They will learn how to blow bubbles, float and kick on their front and back with support, breath control, and underwater swimming. Intro to water safety and assists.

#### Preschool Level 2 - Fundamental Aquatic Skills

Ages 3-5 - Students learn unsupported floating on their front and back. Recover to a vertical position from a floating position, glide on their front and back and add kicks to their front & back glides. Introduction to arms with kick.

#### All Ages Level 1 – Introduction to Water Skills

There are no prerequisites for this course. This is for swimmers with no swimming ability. The objective of this course is to build students' confidence in the water. They will learn how to blow bubbles, float and kick on their front and back with support, breath control, and underwater swimming. Intro to water safety and assists.

#### All Ages Level 2 - Fundamental Aquatic Skills

Students learn unsupported floating on their front and back. Recover to a vertical position from a floating position, glide on their front and back and add kicks to their front & back glides. Introduction to arms with kick.

#### Level 3 - Stroke Development

Students will change direction and body position in deep water. They will learn to swim on front and back for 15 yards, tread water for 30 seconds, and swim the butterfly kick. Introduction to rotary breathing, and swim on front and back using combined strokes for 5 yards.

#### Level 4 - Stroke Improvement

Students will learn to dive from the side in a kneeling position., swim underwater, float in deep water for 1 minute, and use an open turn when swimming on their front and back. Students will swim front crawl and backstroke 15 yards, introduction to butterfly arms, breaststroke kick and scissor kick.

#### Level 5 – Stroke Refinement

Students will learn to dive from a standing position, swim under water for 15 yards, tuck and pike surface dives and flip turns while swimming front crawl and back strokes. They will tread water for 2 minutes and swim freestyle and backstroke 50 yards, swim breaststroke, sidestroke and butterfly for 15 yards.

#### Level 6: Competition and Readiness

Students will learn advanced technique in all strokes with emphasis on swimming with more ease, efficiency, power and smoothness over greater distances, dive and start into their stroke with advanced turns. Lifeguard readiness will also be taught to develop lifeguard training and safety skills.