

# BEREA RECREATION AQUATICS

## FALL 2019 - YOUTH SWIMMING PROGRAMS

ALL SESSIONS ARE INDIVIDUAL. WE DO NOT PRORATE, SPLIT SESSIONS, OR DO MAKE UP CLASSES.

### 2019 - FALL INDOOR POOL - LEARN TO SWIM SCHEDULE

#### Week Night Sessions

##### Session 1 Tuesday & Thursday September 10 - October 3

Class Levels and Times	
L1 Starfish	4:00-4:45pm
L2 Sea Horse	4:45-5:30pm
L3 Dolphin	5:30-6:15pm

##### Session 2 Tuesday & Thursday October 8 - October 31

Class Levels and Times	
L1 Starfish	4:00-4:45pm
L2 Sea Horse	4:45-5:30pm
L3 Dolphin	5:30-6:15pm

##### Session 3 Tuesday & Thursday November 5 - December 3

Class Levels and Times	
L1 Starfish	4:00-4:45pm
L2 Sea Horse	4:45-5:30pm
L3 Dolphin	5:30-6:15pm

\* No Class on Thanksgiving Day\*

#### Saturday Sessions

##### Session 1 Saturdays September 14 - October 5

Class Levels and Times	
Parent & Child / Pollywog	10-10:30am
Preschool / Tadpole	10:30-11am
Preschool / Tadpole	11-11:30am
Preschool / Tadpole	11:30-12pm
Preschool / Tadpole	12-12:30pm
L1 Starfish	10:30-11:15am
L2 Sea Horse	11:15-12pm
L3 Dolphin	12-12:45pm

##### Session 2 Saturdays October 12 - November 2

Class Levels and Times	
Parent & Child / Pollywog	10-10:30am
Preschool / Tadpole	10:30-11am
Preschool / Tadpole	11-11:30am
Preschool / Tadpole	11:30-12pm
Preschool / Tadpole	12-12:30pm
L1 Starfish	10:30-11:15am
L2 Sea Horse	11:15-12pm
L3 Dolphin	12-12:45pm

##### Session 3 Saturdays November 9 - to December 7

Class Levels and Times	
Parent & Child / Pollywog	10-10:30am
Preschool / Tadpole	10:30-11am
Preschool / Tadpole	11-11:30am
Preschool / Tadpole	11:30-12pm
Preschool / Tadpole	12-12:30pm
L1 Starfish	10:30-11:15am
L2 Sea Horse	11:15-12pm
L3 Dolphin	12-12:45pm

\* No Class on November 30

### CLASS

### DESCRIPTION

#### POLLYWOG (Parent and Child)

Have fun with your young child in the water. Ages 6 mo – 3 yrs. Instructor gives parents safety information and swim techniques to be with their child. Must be accompanied by an adult, must be at least 6 months on the first day of class.

#### TADPOLE (Pre-School Aquatics)

Children ages 3- 5 learn to be comfortable in the water and participate independently (without parent) in the small pool. All STARFISH skills are taught in this class. Must be at least 3 years of age on the first day of class.

#### STARFISH: (Level 1)

Participants learn to be comfortable in 3 ft. of water with face in the water, gliding, floating, kicking, face in the water, breathe control and crawl stroke. Ability to stand on the bottom of the big pool is helpful for active participation.

#### SEA HORSE: (Level 2)

Participants develop floating, gliding and rhythmic breathing skills along with swimming across the width of the pool on their front and back. Develop skills learned in Starfish.

#### DOLPHIN: (level 3)

Participants develop front crawl and back crawl and learn to swim the length of the pool with proper breathing. Scissor, dolphin kick and survival floating are introduced.

#### Learn to Swim Class Fees:

\$49.00 for Week Night Sessions (8 classes per session) - \$25.00 for Saturday Sessions (4 classes per session)

All sessions are individual. We do not prorate, split sessions, or do make up classes.

### NEWLY REDESIGNED SWIM STROKE DEVELOPMENT CLASSES

Are you looking to refine your swim skills to compete? Join Berea Midpark High School Swim Team Coach, Ty Morgan and his staff for a newly redesigned Swim Stroke Development program. This program offers participants of all ages the opportunity to receive advanced training to further develop competitive swimming skills and techniques in a structured, age appropriate and fun setting. Contact Berea Rec. Aquatics Supervisor Carol Roman at [croman@cityofbera.org](mailto:croman@cityofbera.org) with questions!

### High School Advanced Swim Stroke Clinic

9th—12th Grade at Berea-Midpark Middle School  
Monday – Thursday from 4:00 – 5:30 PM  
& Saturday from 8:00 – 9:30 AM

BCSD Resident \$175.00  
Non Resident \$225.00

Session #1 6 weeks Sept. 16 – Oct. 26, 2019  
Session #2 6 weeks Mar. 02 – Apr. 11, 2020  
Session #3 6 weeks Apr. 13 – May 23, 2020

### Intermediate Swim Stroke Clinic

5 – 8<sup>th</sup> grade at Berea-Midpark Middle School  
Mondays & Wednesdays 5:30 – 7:00 PM  
BCSD Resident \$90.00  
Non Resident \$105.00

Session #1 5 weeks Sept. 16 – Oct. 16, 2019  
Session #2 5 weeks Oct. 21 – Nov. 20, 2019  
Session #3 5 weeks Jan. 06 – Feb. 05, 2020  
Session #4 5 weeks Mar. 02 – Apr. 01, 2020  
Session #5 5 weeks Apr. 13 – May 13, 2020

### Beginner Swim Stroke Clinic

Pre K – 4<sup>th</sup> grade at Berea Recreation Center  
Mondays & Wednesdays 6:00 – 7:00 PM  
All Participants \$70.00

Session #1 5 weeks Sept. 16 – Oct. 16, 2019  
Session #2 5 weeks Oct. 21 – Nov. 20, 2019  
Session #3 5 weeks Jan. 06 – Feb. 05, 2020  
Session #4 5 weeks Mar. 02 – Apr. 01, 2020  
Session #5 5 weeks Apr. 13 – May 13, 2020

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