

# Learn to Swim Program



Certified and experienced Water Safety Instructors teach the American Red Cross Learn to Swim Program for ages 6 months through adults.

## Swim Lessons (Fall II) – 1 Class/Week for 7 Weeks (\$64M, \$109NM)

Saturday: 10/29 – 12/17 (No Classes on 11/26)

Monday: 11/7 – 12/19

<p><b>PARENT/TOT (Therapy Pool)</b> Sat 10:00-10:30 am Mon 7:15-7:45pm</p>	<p><b>PRESCHOOL (Therapy Pool)</b> Sat 10:35-11:05 am Mon 6:40-7:10pm</p>	<p><b>LEARN TO SWIM (Lap Pool)</b> Sat. 11:10-11:55 am Mon 5:50 – 6:35 pm</p>	<p><b>Teen/Adult (Lap Pool)</b> Sat. 12-12:30 pm Mon 8:05-8:35 pm</p>
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## Swim Lessons (Winter) - 1 Class/Week for 7 Weeks (\$64M, \$109NM)

Saturday: 1/7 – 2/18

Monday: 1/9 – 2/20

<p><b>PARENT/TOT (Therapy Pool)</b> Sat 10:00-10:30 am Mon 7:15-7:45pm</p>	<p><b>PRESCHOOL (Therapy Pool)</b> Sat 10:35-11:05 am Mon 6:40-7:10pm</p>	<p><b>LEARN TO SWIM (Lap Pool)</b> Sat. 11:10-11:55 am Mon 5:50 – 6:35 pm</p>	<p><b>Teen/Adult (Lap Pool)</b> Sat. 12-12:30 pm Mon 8:05-8:35 pm</p>
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Register for Group Swim Lessons at the Welcome Center or call 248-267-5656.

## Private & Semi-Private Lesson

Personalized 45-minute swim lessons for 1 to 3 participants scheduled at your convenience. Contact Nathan Adams, General Manager, at 248-267-5656 or [Nathan.Adams@midtownhealth.com](mailto:Nathan.Adams@midtownhealth.com)

### Sola Life & Fitness

1555 South Blvd., Rochester Hills, MI  
248.267.5656 | [SolaFitness.com](http://SolaFitness.com)

# Learn to Swim Class Descriptions

## **Parent /Tot (6 months-24 months)**

Help your child get familiar with the water by guiding him or her through various movements while you sing along with the instructor to classics like *Row, Row, Row Your Boat!* This course requires an adult caregiver in the water with each child.

## **Preschool Level 1: Let's Explore the Pool! (3-5 years)**

This first level teaches your child to be comfortable with the water. Skills include water entry and exit, breath control and submerging, buoyancy on front and back and water safety.

## **Preschool Level 2: Look at Me! (3-5 years)**

This class builds on the basics learned in level one. Most skills are performed with assistance. Beginning independent locomotion skills are introduced along with alternating arm and foot action.

## **Preschool Level 3: I Can Do It! (3-5 years)**

This class increases proficiency and builds on the basic aquatic skills learned in Levels 1 and 2 by providing additional guided practice with increased distances and times.

## **Learn to Swim Level 1: Water Exploration (5-10 years)**

This class is designed for school age children who have had little water experience and need to get comfortable in the pool. Elementary aquatic skills and good swimming habits stressed.

## **Learn to Swim Level 2: Primary Skills (5-10 years)**

In this class, your child learns to float on his/her own and begins independent locomotion skills along with developing alternating arm and foot action.

## **Learn to Swim Level 3: Stroke Readiness (5-10 years)**

Students learn front/back crawl, elementary backstroke, dolphin kick, scissor kick and the fundamentals of treading water.

## **Learn to Swim Level 4: Stroke Development (5-10 years)**

Stroke technique is fine-tuned while improving endurance. This class is a great prerequisite for competitive swimming.

## **Teen/Adult Swim Lesson**

It's never too late to learn how to swim! Improve your aquatics skills and learn how to be more comfortable in the water.

## **Private & Semi-Private Lesson**

Personalized 45-minute swim lessons for 1 are scheduled at your convenience. Contact the Welcome Center or call 248-267-5656 for more information.

**Private Lessons** - \$42 (member) per Session; \$160 for 4 Sessions

\$54 (non-member) per Session; \$204 for 4 Sessions

*For more information about the Learn to Swim Program, contact the General Manager, Nathan Adams, at 248-267-5656 or [Nathan.Adams@midtownhealth.com](mailto:Nathan.Adams@midtownhealth.com).*