

# SUMMER LESSON SCHEDULE

## June 9-August 25, 2025

Monday	Tuesday	Wednesday	Thursday	Friday
	<b>1:00-1:45pm</b> YAC Camp Swim (Ages 5-8) <b>2:00-2:45pm</b> (Ages 9-13)		<b>1:00-1:45pm</b> YAC Camp Swim (Ages 5-8) <b>2:00-2:45pm</b> (Ages 9-13)	
Once a week 4 lessons total June 9,16,23,30 July 7,14,21,28 August 4,11,18,25	Twice a week 4 lessons total June 10,12,17&19 July 8,10,15&17 August 5,7,12&14		Twice a week 4 lessons total June 10,12,17&19 July 8,10,15 & 17 August 5,7,12 & 14	Limited class slots: Presch limit 5 Sch limit 6 Adults/lap limit 6
<b>MUST pass swim requirements*</b>	<b>4:30-5:00pm</b> (Ages 3-5)		<b>4:30-5:00pm</b> (Ages 3-5)	
<b>3:30-4pm</b> (Ages 7-15) Stages 5/6 <b>4-4:30pm</b> (Ages 16+) Learn To Lap Swim Stages 4-6 <b>4:30-5:00pm</b> (6-18months) Waterbabies	Stage 1/2 Preschool Stage 3/4 Preschool <b>5:15-5:45pm</b> (Ages 6-12) Stage 1/2 School Age Stage 3/4 School Age <b>6:00-6:30pm</b> Stage 1/2 Teen/Adult Stage 4-6 Teen/Adult Learn To Lap Swim		Stage 1/2 Preschool Stage 3/4 Preschool <b>5:15-5:45pm</b> (Ages 6-12) Stage 1/2 School Age Stage 3/4 School Age <b>6:00-6:30pm</b> Stage 1/2 Teen/Adult Stage 4-6 Teen/Adult Learn To Lap Swim	Parent Tot(19mos-36 mos) classes to be determined  Private Lessons Available Upon Request See cashier to be placed on the Wait List

**Group lessons E1-E5 \$60, and All Others \$75, per child, for 4 lessons.**

**Registration opens 2 weeks prior to each new session and is available at the front desk.**

**Please wear appropriate swimsuits and follow the age restrictions. Instructors reserve the right to combine/move students based on skill level. Must be potty trained & follow instruction from ages 3+.**



### Core Skills Achievement Stages for Swim School

WHITE	RED	YELLOW	BLUE	GREEN
<i>If the Student...</i> Is afraid of water... Won't get their face wet... Can't swim at all... Register for the White Level	<i>If the Student...</i> Can't swim without support, but loves the water... Will get face wet... Will jump in... Register for the Red Level	<i>If the Student...</i> Is not afraid of the water... Can float on front and back... Can jump in and return to surface... Register for the Yellow Level	<i>If the Student...</i> Can swim underwater or on the surface and can get an occasional breath... Register for the Blue Level	<i>If the Student...</i> Can tread water for at least 15 seconds... Can swim freestyle with rotary (side) breathing... Register for the Green Level

# LESSON STAGES

## Private Lessons-Available on Request

Private Lessons are 30 minutes each for 4 lessons E1-E5 \$75 All Others \$100. Once an instructor and a weekly day/time is confirmed, regular lessons will begin. Participants may purchase more lessons after their session based on instructor availability, and waitlist participants. Please see the refund/makeup policy for cancellations.

**Starfish Stroke School Curriculum: (7+ years old):** A flexible alternative to swim team. Pre-test required for participation and can be taken at the beginning of any scheduled practice. Swimmers must be able to swim both a 50 Freestyle and a 50 Backstroke without stopping/struggling, and have some knowledge of breaststroke, and butterfly.

**WATERBABIES 6-18 MONTHS SWIM DIAPERS**

**PRESCHOOL 3-5 years old**

**SCHOOL AGE 6-12 years old**

**Starfish Swim School Curriculum: Stage 1 - Water Acclimation:** Beginner class that increases comfort with underwater exploration and introduces basic self-rescue skills. Class includes front and back floats and glides, trust and comfort, and safe water entry and exit.

**Stage 2 - Water Movement:** Beginner class that encourages forward movement in the water and basic self-rescue skills. Class includes independent front and back glides and floats, trust and full body submersion, and safe water entry and exit.

**Stage 3 - Water Stamina:** Intermediate class encourages forward movement in the water for longer distances and introduces more advanced self-rescue skills. Class includes independent front and back glides/floats, rotary movement, retrieving objects from the bottom of the pool, and safe water entry and exit.



**Stage 4 - Stroke Introduction:** Advanced class introducing integrated movement such as basic stroke technique for freestyle and backstroke, breaststroke, and butterfly. Continued focus on treading water and endurance. . Students must be able to swim one length of the pool, 25 meters, to enter this class.

**Stage 5 - Stroke Development:** Advanced class that refines all strokes. Continued focus on treading water and endurance. Dives are introduced. Swim test required.

**Stage 6-Stroke Mechanics:** Must have swim band and competency waiver on file. Advanced class that implements drills and continuous swim to build endurance.

**REFUND/MAKEUP POLICY:** If your child has not participated in any lesson after registration, a full refund or a system credit will be reflected on your account. A makeup lesson or a system credit will be offered to all participants in the event of unforeseen pool closures such as contamination, weather, etc. Apart from MWR closures, a makeup lesson or system credit will only be provided for instances related to COVID-19, or emergencies.

## CHECK IN REQUIREMENTS FOR SWIMMERS

Parents or guardians, please pay/register at the front desk. Swim Instructors will meet all swimmers at the pool entrance 5-10 minutes before the start of each lesson. Swimmers will accompany their Swim Instructor to rinse off in the pool deck shower and begin their swimming lesson. Once the lesson is complete, the Swim Instructor will escort all children to the pool entrance where parents may pick them up.

Please see Parent Letter for more swim tips.

## Questions? Please contact:

Aquatics Program Coordinator  
Tarina Silvis  
Tarina.h.silvis.naf@us.navy.mil  
540-653-8088

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E1-E5 \$75 All Others \$100.**