

LEARN TO SWIM

NAS Patuxent River Outdoor Pool



FY25 AMERICAN RED CROSS LEARN TO SWIM SCHEDULE

GROUP CLASSES

SESSION 1: JUNE 17-27	SKILL LEVEL		CLASS TIME
	INSTRUCTOR A	INSTRUCTOR B	
SESSION 2: JULY 8-18	Level 1	Level 2	9:30-10 am
	Preschool	Baby & Me	10:15-10:45 am
SESSION 3: JULY 22-AUG. 1	Level 1	Level 2	5:00-5:30 pm
	Level 3	Level 4	5:40-6:10 pm
SESSION 4: AUG. 5-15	Level 5/6	Level 3/4	6:20-6:50 pm

PRIVATE & SEMI PRIVATE CLASS

SCHEDULE	CLASS TIME
SESSION 1A: JUNE 17-20	9:30-10:00 am
SESSION 1B: JUNE 24-27	10:15-10:45 am
SESSION 2A: JULY 8-11	12:15-12:45 pm
SESSION 2B: JULY 15-18	1:00-1:30 pm
SESSION 3A: JULY 22-25	1:45-2:15 pm
SESSION 3B: JULY 29-AUG 1	2:30-3:00 pm
SESSION 4A: AUG 5-8	3:15-3:45 pm
SESSION 4B: AUG 12-15	4:00-4:30 pm
	4:45-5:15 pm

REGISTRATION

BEGINS MAY 31 / 11 am-6:45 pm

- Outdoor Pool during regular hours of operation
- **Early Bird registration** begins May 5, Mon-Fri, 9 am-4 pm at the Drill Hall Sports & Fitness Office.

GROUP CLASSES

\$60 (E1-E5) / \$75 (all others)

- Group classes require a minimum of 6 participants and a maximum of 10/12 depending on skill level.
- Tuesday -Friday
- 2-week session, 8 classes, 30-minutes each.
- If a class has not filled, the Aquatics team will contact participants to offer alternate class options.

PRIVATE LESSONS

\$100 (E1-E5) / \$110 (all others)

- Private swim lessons for all skill and age levels are available.
- Pricing is based per participant per private session.
- Session is 4 classes, 30-minutes each

SEMI-PRIVATE LESSONS

\$150 (E1-E5) / \$160 (all others)

- Session is 4 classes, 30-minutes each

**All classes, both private and group, will be held Tuesday-Friday and conducted rain or shine.*

Classes are subject to cancellation due to adverse weather conditions that pose a safety hazard to participants and staff (thunder/lightning/sustained high winds/water clarity due to rain intensity)

If there is a need to cancel instructors will contact participants immediately.

Classes that are canceled by MWR will have the time made up with addition of time to the next class.

If a participant opts to not attend class this time is not afforded "make up" instruction with the Instructor on a different date/time.

For more information, please contact **Carla Brennan at (301) 757-3943.**



CLASS DESCRIPTIONS

No group classes or private lessons will be held on Mondays, unless otherwise noted.

Participants in swim levels 1-6 must be at least 5 years of age by the start of their class.

Baby and Me: (6 months-36 months)

A parent/child experience to familiarize infants with the water. Parents will work on getting in and out of the water using cues and holds to establish trust and comfort. This class is a water familiarization class in which a parent is required to be in the water throughout the class. The infant will NOT learn how to be "WATER PROOFED." Families will learn how to incorporate water in a SAFE and FUN environment.

Preschool (3-5 years)

A parent, or other participant at least 16 years of age, is required to be in the water with the preschooler throughout each class. All Preschool level classes incorporate games and activities to encourage a fun and safe swimming experience.

STEP 1: Designed for children who are being exposed to a swim class for the first time.

STEP 2: Designed for children who are continuing their swim training. Participants at this level have successfully completed the Preschool Step 1 swim course.

STEP 3: Designed for children who are continuing their swim training. Participants at this level have successfully completed the Preschool Step 2 swim course.

Level 1: Water Exploration

This class is designed to help participants become familiar in the water, introduce basic rescue skills and teach water safety.

Level 2: Primary Skills

In this class, participants will learn to float without support, recover to a standing position, learn basic locomotive skills and expand upon the basic rescue skills learned in Level 1.

Level 3: Stroke Readiness

Building on the skills learned in Level 2, this class teaches the fundamentals of treading water, front and back crawl, introduces elements of the backstroke and additional safety skills.

Level 4: Stroke Development

Develop confidence in strokes learned thus far. Increase endurance skills by swimming with familiar strokes. Breaststroke and sidestroke are introduced. Butterfly (dolphin kick) is introduced and treading water is focused on as a safety skill.

Level 5: Stroke Refinement

Coordination and refinement of key strokes. Introduce open turns and diving variations along with water safety.

Level 6: Stroke Proficiency

Individual focus with fine refinement to polish strokes allowing greater power/ease and efficiency.