



1068 Carlisle Hwy, Charlotte MI 48813  
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www.swimcharlotte.org

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## **Youth Swim Lesson Course Descriptions / Fees and Dates**

Held in Main Pool

### **ARC Level I – Pre-School Aquatics**

Learn to use equipment unassisted; go underwater up to their eyes; start to swim unassisted to the other side of the kiddy pool. Class held in Kiddy pool (2 ½ - 3 ft deep with bench 18 inches down along wall).

### **ARC Level II – Learn to Swim**

Use equipment unassisted; go underwater all the way; swim unassisted up to 6 yds.; start to tread water; & swim using arms/legs at the same time. Class held in the 3 ½ ft – 4 ft area of the shallow end of main pool with bench 18 inches down along wall).

### **ARC Level III – Stroke Development**

Are able to swim using the front and back crawl; introduce rotary breathing; underwater all the way; and proper breathing technique; swim 10 yds; tread water; swim in deep end; and retrieve objects unassisted. Class held in the 4 ft area of the Main pool.

### **ARC Level IV – Stroke Development**

Introduce 4 more strokes; practice strokes learned in Level III; swim 20 yards; diving; turns; & building endurance. Class held in deep end of the Main pool.

### **ARC Level V – Stroke Refinement**

Work on technique of all 6 strokes; turn techniques; & building endurance. Class held in the deep end of the pool.

### **ARC Level VI – Personal Water Safety, diving or lifeguard readiness (you choose)**

Must master all 6 strokes; conquer turns; & building endurance. Class held in the deep end of the main pool.

**Fee: \$35**

**Evening Lessons: Five 40 minute lessons: 2 ½ week session**  
Tue / Thu 6:00 pm - 6:40 pm

Session I: Nov 29, Dec 1, 6, 8, 13  
Session II: Jan 10, 12, 17, 19, 24  
Session III: Feb 7, 9, 14, 16, 21  
Session IV: Mar 6, 8, 12, 13, 15, 20

**Saturday Lessons: Five 40 minute lessons: 5 week session**  
Sat 10:00 am – 10:40 am

Session I: Jan 7, 14, 21, 28, Feb 4  
Session II: Feb 18, 25, Mar 3, 10, 17

## **Infant / Toddler and Preschool Swim Lessons**

Held in Therapy Pool  
Swim Diapers are required

### **Baby Bug: 6-18 months**

Class creates a pleasurable pool experience for parent & infant. Our goal is to assist them with water adjustment; becoming accustomed to a wet face; floating with support; & feeling comfortable in the water through play.

### **Lightning Bug: 18 months to 3 years**

Class is for the parent and child. Learn together through games, songs & play to like the water. Parents work with their child to encourage pre-swimming skills like jumping, getting face wet, kicking on front/back & blowing bubbles.

**Fee: \$30**

**Saturday Lessons: Four 30 minute lessons: 4 week session**

9:00 – 9:30      Baby Bug  
9:30 -10:00      Lightning Bug

Session I:      Jan 7, 14, 21, 28  
Session II:      Feb 4, 11, 18, 25  
Session III:     Mar 3, 10, 17, 24

## **Private and Semi Private Lessons**

Private, one on one, lessons are available for youth and adults. Please contact the Aquatic Center Office for details. 30 minutes per lesson. You determine the number of lessons and pre-payment is required.

**Private Lessons:** \$20.00 / 30 minutes

**Semi Private Lesson Fee:** \$15.00 / person / 30 minutes.