

WINTER & SPRING 2020 - SWIM LESSONS

ARLINGTON PARK & AQUATIC SWIM LESSONS

2650 Waldemere Street, Sarasota, FL 34239
941-263-6REC(732)

SWIM LESSON PLACEMENT

Each level has specific prerequisites. If you are unsure of placement for your swimmer, we will be more than happy to conduct a swim evaluation. Please contact the Arlington Park & Aquatic Complex for details or to schedule your child's evaluation.

MAKE-UP POLICY

If for some reason we must cancel a class, every effort will be made to provide a make-up session. Unfortunately, due to the nature of group swim lessons we do not offer makeup classes that are missed by participants. If you want to stay after class for open swim, we ask that you please return to the front desk to pay the daily rate. Open swim is not included in the fee for swim lessons/private lessons.

REFUND POLICY FOR SWIM LESSONS

We do not offer refunds for swim lessons unless the class was canceled by the Parks & Recreation District.

ATTIRE TO WEAR

We ask that all participants wear a swimsuit while in the water. If your child is not potty trained, they are required to wear a swim diaper. Participants may bring goggles to wear during the lesson. Please ensure that you write your child's name on the goggles.

AWARDS PROGRESSION

Features a swim bracelet system that is an immediate, effective, and fun way to recognize your child's progress. Each skill your child will learn in the course is abbreviated and printed on the bracelet next to a star. When your child masters the skill, the instructor will use a "special puncher" and punch out the star next to the new skill your child has demonstrated he/she has learned. Upon successful completion of each skill abbreviated on the child's present bracelet, you will know that your child is ready for the next level. After registration and attending the first class, your child will be presented with a new color bracelet for the next level. Not only do the bracelets serve as a reward, they also serve as an indicator of the child's skill level. Bracelets should be worn to each class. *Please note there are no bracelets for the Parent & Me Classes.*

LEVELS – ALL CLASSES ARE ARRANGED BY AGE

PRICES

- Parent & Me Classes(Sa): \$35 per session
- Swim 100–400 (T & Th): \$65 per session
- Swim 100 (Sa): \$65 per session

PARENT & ME 101: 6–18 MONTHS

Prerequisite: None

The Parent & Me Class is designed to familiarize youth with water and teach swimming readiness skills. Only one parent or caregiver must accompany each child in the water. Children who are not toilet-trained must wear a swim diaper.

Session 1:	March 7 – 28	Sa	9 am – 9:30 am
Session 2:	April 4 – 25	Sa	9 am – 9:30 am

PARENT & ME 102: 19–36 MONTHS

Prerequisite: None

The Parent & Me Class is designed to familiarize youth with water and teach swimming readiness skills. Only one parent or caregiver must accompany each child in the water. Children who are not toilet-trained must wear a swim diaper.

Session 1:	March 7 – 28	Sa	9:30 a m – 10 am
Session 2:	April 4 – 25	Sa	9:30 a m – 10 am

SWIM 100

Prerequisite: None

Swim 101: 3–5 year olds

Session 1:	March 3 – 26	T & TH	4:30 pm – 5 pm
Session 2:	April 7 – 30	T & TH	4:30 pm – 5 pm
Session 3:	March 7 – April 25	Sa	10 am – 10:30 am

Swim 102: 6–9 year olds

Session 4:	March 3 – 26	T & TH	5 pm – 5:45 pm
Session 5:	April 7 – 30	T & TH	5 pm – 5:45 pm
Session 6 :	March 7 – April 25	Sa	10 am – 10:45 am

Swim 103: 10–12 year olds

Session 7:	March 3 – 26	T & TH	5:45 pm – 6:30 pm
Session 8:	April 7 – 30	T & TH	5:45 pm – 6:30 pm
Session 9:	March 7 – April 25	Sa	10 am – 10:45 am

SWIM STROKES 200

Prerequisite: Swim 15 feet without the aid of a flotation device, face in the water, and breathing as needed.

Swim Strokes 201: 3–5 year olds

Session 1:	March 3 – 26	T & TH	4:30 pm – 5 pm
Session 2:	April 7 – 30	T & TH	4:30 pm – 5 pm

Swim Strokes 202: 6–9 year olds

Session 3:	March 3 – 26	T & TH	5 pm – 5:45 pm
Session 4:	April 7 – 30	T & TH	5 pm – 5:45 pm

Swim Strokes 203: 10–12 year olds

Session 5:	March 3 – 26	T & TH	5:45 pm – 6:30 pm
Session 6:	April 7 – 30	T & TH	5:45 pm – 6:30 pm

ADVANCED SWIM STROKES 300

Prerequisite: Swim 25 feet of both backstroke and freestyle with side breathing.

Advanced Swim Strokes 301: 3–5 year olds

Session 1:	March 3 – 26	T & TH	4:30 pm – 5 pm
Session 2:	April 7 – 30	T & TH	4:30 pm – 5 pm

Advanced Swim Strokes 302: 6–9 year olds

Session 3:	March 3 – 26	T & TH	5 pm – 5:45 pm
Session 4:	April 7 – 30	T & TH	5 pm – 5:45 pm

Advanced Swim Strokes 303: 10–12 year olds

Session 5:	March 3 – 26	T & TH	5:45 pm – 6:30 pm
Session 6:	April 7 – 30	T & TH	5:45 pm – 6:30 pm

LIFESAVING STROKES 400

Prerequisite: Swim 30 feet of both backstroke and freestyle with side breathing.

Lifesaving Strokes 401: 3-5 year olds

Session 1:	March 3 – 26	T & TH	4:30 pm – 5 pm
Session 2:	April 7 – 30	T & TH	4:30 pm – 5 pm

Lifesaving Strokes 402: 6-9 year olds

Session 3:	March 3 – 26	T & TH	5 pm – 5:45 pm
Session 4:	April 7 – 30	T & TH	5 pm – 5:45 pm

Lifesaving Strokes 403: 10-12 year olds

Session 5:	March 3 – 26	T & TH	5:45 pm – 6:30 pm
Session 6:	April 7 – 30	T & TH	5:45 pm – 6:30 pm

OUR CITY - OUR PARKS - LET'S PLAY

SIX MAJOR SKILLS ON EACH BRACELET & REQUIREMENTS TO PASS

If you are unsure of placement for your swimmer, contact the Arlington Park & Aquatic Complex for a swim evaluation to be completed.

SWIM 101 RED BRACELET

- **Front Kick (FK)** – Performs the front kick with noodle / kick-board for 15 feet
- **Back Kick (BK)** – Performs the back kick with noodle for 15 feet
- **Breath Control (BC)** – Performs 3 comfortable submersions
- **In-Line Kick (IK)** – Performs the in-line kick with barbell, face in the water, for 3 seconds
- **Dependent Pop-up Breath (DPB)** – Swims for 15 feet using legs and arms with a pop-up breath while using flotation
- **Independent Pop-up Breath (IPB)** – Swims for 15 feet using legs and arms in a freestyle motion with a pop-up breath; no flotation.

SWIM 102/103 MAROON BRACELET

- **Front Kick (FK)** – Performs the front kick with noodle /kick-board for 25 feet
- **Back Kick (BK)** – Performs the back kick with noodle for 25 feet
- **Breath Control (BC)** – Performs 3 comfortable submersions
- **In-Line Kick (IK)** – Performs the in-line kick with barbell, face in the water, for 3 seconds
- **Dependent Freestyle (DFS)** – Performs a modified freestyle stroke with flotation for 25 feet with face in the water
- **Independent Freestyle (IFS)** – Performs a modified freestyle stroke without flotation for 25 feet with face in the water

SWIM STROKES 201/202/203 YELLOW BRACELET

- **Refined In-line Kick (RIK)** – Performs the in-line kick without buoyancy equipment
- **Refined Back Kick (RBK)** – Performs the back kick without buoyancy equipment
- **Refined Breath Control (RBC)** – Performs 10 consecutive rhythmic bobs
- **Backstroke (BS)** – Performs the backstroke for 25 feet
- **Freestyle (FS)** – Performs the freestyle for 25 feet (no side breathing required)
- **Side Breathing (SB)** – Performs the freestyle with side breathing for 25 feet

ADVANCED SWIM STROKES 301/302/303 GREEN BRACELET

- **Refined Side Breathing in Freestyle (RSB)** – Performs freestyle with side breathing for 30 feet
- **Refined Back Stroke (RBS)** – Performs backstroke for 30 feet
- **Butterfly Kick (BUK)** – Performs the butterfly kick for 30 feet
- **Breaststroke Kick (BK)** – Performs the breaststroke kick for 30 feet
- **Butterfly (BUS)** – Performs the butterfly stroke for 30 feet
- **Breaststroke (BRS)** – Performs the breaststroke for 30 feet

LIFESAVING STROKES 401/402/403 BLUE BRACELET

- **Scissors Kick (SK)** – Performs the traditional or inverted scissors kick for 30 feet
- **Elementary Backstroke Kick (EBK)** – Performs the breaststroke kick on the back for 30 feet
- **Sidestroke (SS)** – Performs the sidestroke for 30 feet
- **Elementary Backstroke (EBS)** – Performs the elementary backstroke for 30 feet
- **Treading (T)** – Performs the skill of treading water for 60 seconds

IMPORTANT: Lost/torn bracelets have a \$2.00 replacement fee—initial cost of the bracelet is built into the swim lesson fee.

REGISTRATION FOR SUMMER CAMPERS WILL BEGIN ON APRIL 1, 2020!

Look for announcements about the Arlington Park & Aquatic Complex on social media.

HIRING SUMMER CAMP COUNSELORS!

Look for Summer Camp information in February.

NEW RECREATION SOFTWARE SYSTEM

Register for events and programming [HERE!](#)

1. www.letsplaysarasota.com/program-guide/online-registration
2. Click the Orange "Sign In" circle.
3. Click anywhere to pass the welcome message
4. Click "New Account".
5. Fill in all fields requested in the form.
6. Create a Username and Password.
7. Click OK to finalize.
8. Choose next path: Add family members OR Continue without.
9. You are DONE! Once you are signed up online, you can go onsite to attain your ID card. Register for programs, memberships and events in person or online!

CONTACT US

Arlington Park & Aquatic Complex

2650 Waldemere Street, Sarasota, FL 34239

941-263-6REC(732)

ParksAndRec@SarasotaFL.Gov

www.LetsPlaySarasota.com

FIND US ON SOCIAL MEDIA



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[CityofSarasotaParksandRec](#)



[SarasotaPRD](#)



[City of Sarasota Parks & Rec District](#)

JOIN OUR ENEWSLETTER

Just send your email address by text message:

Text **LETSPLAYSARASOTA** to **22828** to get started.

Message and data rates may apply.

