

Learn to Swim Program

Summer 2019 Session #1

(This is 8 sessions (classes) that will be completed in 3-4 weeks)

Registration for HOA members can be done at the HOA Office beginning May 1, 2019

Class Location: Villages of West Creek Community Center Pool

12395 Military Drive West San Antonio, Texas 78253

***NOTE: All Special Needs Children and Adults Require Adult Assist in Water**

Private Lessons are Available -@ 9:30 am – Mondays, Wednesdays, Thursdays, Fridays, Saturdays, Sundays

Monday & Thursday Classes – Only 1 Parent in the Parent/Child Classes below in the water

7:30am – 8:00 am- Water Babies (6m-18months)-Parent/Guardian Assist Required

8:00am – 8:30am - Water Babies (6m-18months) Parent/Guardian Assist Required

8:30am - 9:00am – Watertots (18months - 3yrs) Parent/Guardian Assist Required

9:00am – 9:30am - Pre-Fin and Me (2 ½-4 years) Parent/Guardian Assist Required

Dates of Classes:

Monday

June 3, 2019

June 10, 2019

June 17, 2019

June 24, 2019

Thursday

June 6, 2019

June 13, 2019

June 20, 2019

June 27, 2019

Wednesday & Friday Classes – Only 1 Parent in the Parent/Child Classes below in the water

7:30am – 8:00am - Water Babies (6m-18months) -Parent/Guardian Required

8:00am – 8:30am - Watertots (18months - 3yrs) Parent/Guardian Assist Required

8:30am – 9:00am - Watertots (18months - 3yrs) Parent/Guardian Assist Required

9:00am – 9:30am - Pre-Fin and Me (2 ½-4 years) Parent/Guardian Assist Required

Dates of Classes:

Wednesday

June 5, 2019

June 12, 2019

June 19, 2019

June 26, 2019

Friday

June 7, 2019

June 14, 2019

June 21, 2019

June 28, 2019

Saturday & Sunday Classes - Only 1 Parent in the Parent/Child Classes below in the water

7:30am – 8:00 am- Water Babies (6m-18months)-Parent/Guardian Assist Required

8:00am – 8:30am - Water Babies (6m-18months) Parent/Guardian Assist Required

8:30am – 9:00am - Watertots (18months - 3yrs) Parent/Guardian Assist Required

9:00am – 9:30am – Level 1 (6-14 years)

Dates of Classes:

Saturday

June 1, 2019

June 8, 2019

June 15, 2019

June 22, 2019

Sunday

June 2, 2019

June 9, 2019

June 16, 2019

June 23, 2019

Session #2

Monday & Thursday Classes - Only 1 Parent in the Parent/Child Classes below in the water

7:30am – 8:00 am- Water Babies (6m-18months)-Parent/Guardian Assist Required

8:00am – 8:30am - Water Babies (6m-18months) Parent/Guardian Assist Required

8:30am - 9:00am – Watertots (18months - 3yrs) Parent/Guardian Assist Required

9:00am – 9:30am - Pre-Fin and Me (2 ½-4 years) Parent/Guardian Assist Required

Dates of Classes:

Monday

July 8, 2019

July 15, 2019

July 22, 2019

July 29, 2019

Thursday

July 11, 2019

July 18, 2019

July 25, 2019

August 1, 2019

Wednesday & Friday Classes - Only 1 Parent in the Parent/Child Classes below in the water

7:30am – 8:00am - Water Babies (6m-18months) -Parent/Guardian Required

8:00am – 8:30am - Watertots (18months - 3yrs) Parent/Guardian Assist Required

8:30am – 9:00am - Watertots (18months - 3yrs) Parent/Guardian Assist Required

9:00am – 9:30am - Pre-Fin and Me (2 ½-4 years) Parent/Guardian Assist Required

Dates of Classes:

Wednesday

July 10, 2019

July 17, 2019

July 24, 2019

July 31, 2019

Friday

July 12, 2019

July 19, 2019

July 26, 2019

August 2, 2019

Saturday & Sunday Classes - Only 1 Parent in the Parent/Child Classes below in the water

7:30am – 8:00 am- Water Babies (6m-18months)-Parent/Guardian Assist Required

8:00am – 8:30am – Aqua Aerobics Beginners (15 years and above)

8:30am – 9:00am - Watertots (18months - 3yrs) Parent/Guardian Assist Required

9:00am – 9:30am – Level 1 (6-14 years)

Dates of Classes:

Saturday

July 6, 2019

July 13, 2019

July 20, 2019

July 27, 2019

Sunday

July 7, 2019

July 14, 2019

July 21, 2019

July 28, 2019

Session #3

Monday & Thursday Classes - Only 1 Parent in the Parent/Child Classes below

7:30am – 8:00 am- Water Babies (6m-18months)-Parent/Guardian Assist Required

8:00am – 8:30am - Water Babies (6m-18months) Parent/Guardian Assist Required

8:30am – 9:00am – Watertots (18months - 3yrs) Parent/Guardian Assist Required

9:00am – 9:30am - Pre-Fin and Me (2 ½-4 years) Parent/Guardian Assist Required

Dates of Classes:

Monday

August 5, 2019

August 12, 2019

August 19, 2019

August 26, 2019

Thursday

August 8, 2019

August 15, 2019

August 22, 2019

August 29, 2019

Wednesday & Friday Classes– Only 1 Parent in the Parent/Child Classes below

7:30am – 8:00am - Water Babies (6m-18months) -Parent/Guardian Required

8:00am – 8:30am - Watertots (18months - 3yrs) Parent/Guardian Assist Required

8:30am – 9:00am - Watertots (18months - 3yrs) Parent/Guardian Assist Required

9:00am – 9:30am - Pre-Fin and Me (2 ½-4 years) Parent/Guardian Assist Required

Dates of Classes:

Wednesday

August 7, 2019

August 14, 2019

August 21, 2019

August 28, 201

Friday

August 9, 2019

August 16, 2019

August 23, 2019

August 30, 2019

Saturday & Sunday Classes– Only 1 Parent in the Parent/Child Classes below

7:30am – 8:00 am- Aqua Aerobics Beginners (15 years and up)

8:00am – 8:30am - Watertots (18months - 3yrs) Parent/Guardian Assist Required

8:30am – 9:00am - Adult Beginner (14 years and above)

9:00am – 9:30am – Level 1 (6-14 years)

Dates of Classes:

Saturday

August 3, 2019

August 10, 2019

August 17, 2019

August 24, 2019

Sunday

August 4, 2019

August 11, 2019

August 18, 2019

August 25, 2019

Session #4

Monday & Thursday Classes - Only 1 Parent in the Parent/Child Classes below

7:30am – 8:00 am- Water Babies (6m-18months)-Parent/Guardian Assist Required

8:00am – 8:30am - Water Babies (6m-18months) Parent/Guardian Assist Required

8:30am – 9:00am – Watertots (18months - 3yrs) Parent/Guardian Assist Required

9:00am – 9:30am - Pre-Fin and Me (2 ½-4 years) Parent/Guardian Assist Required

Dates of Classes:

Monday

September 2, 2019

September 9, 2019

September 16, 2019

September 23, 2019

Thursday

September 5, 2019

September 12, 2019

September 19, 2019

September 26, 2019

Wednesday & Friday Classes – Only 1 Parent in the Parent/Child Classes below

7:30am – 8:00am - Water Babies (6m-18months) -Parent/Guardian Required

8:00am – 8:30am – Aqua Aerobics Beginners (15 years and above)

8:30am – 9:00am - Watertots (18months - 3yrs) Parent/Guardian Assist Required

9:00am – 9:30am - Pre-Fin and Me (2 ½-4 years) Parent/Guardian Assist Required

Dates of Classes:

Wednesday

September 4, 2019

September 11, 2019

September 18, 2019

September 25, 2019

Friday

September 6, 2019

September 13, 2019

September 20, 2019

September 27, 2019

Saturday & Sunday Classes (1:15) – Only 1 Parent in the Parent/Child Classes below

7:30am – 8:00 am- Water Babies (6m-18months)-Parent/Guardian Assist Required

8:00am – 8:30am – Level 2 (6-14 years)

8:30am – 9:00am - Adult Beginner (15 years and above)

9:00am – 9:30am – Level 1 (6-14 years)

Dates of Classes:

Saturday

September 7, 2019

September 14, 2019

September 21, 2019

September 28, 2019

Sunday

September 8, 2019

September 15, 2019

September 22, 2019

September 29, 2019

Session #5

Monday & Thursday Classes - Only 1 Parent in the Parent/Child Classes below

7:30am – 8:00 am- Water Babies (6m-18months)-Parent/Guardian Assist Required

8:00am – 8:30am – Aqua Aerobics Beginners (15 and above)

8:30am - 9:00am – Watertots (18months - 3yrs) Parent/Guardian Assist Required

9:00am – 9:30am - Pre-Fin and Me (2 ½-4 years) Parent/Guardian Assist Required

Dates of Classes:

Monday

September 30, 2019

October 7, 2019

October 14, 2019

October 21, 2019

Thursday

October 3, 2019

October 10, 2019

October 17, 2019

October 24, 2019

Wednesday & Friday Classes – Only 1 Parent in the Parent/Child Classes below

7:30am – 8:00am - Water Babies (6m-18months) -Parent/Guardian Required

8:00am – 8:30am - Watertots (18months - 3yrs) Parent/Guardian Assist Required

8:30am – 9:00am - Watertots (18months - 3yrs) Parent/Guardian Assist Required

9:00am – 9:30am - Pre-Fin and Me (2 ½-4 years) Parent/Guardian Assist Required

Dates of Classes:

Wednesday

October 2, 2019

October 9, 2019

October 16, 2019

October 23, 2019

Friday

October 4, 2019

October 11, 2019

October 18, 2019

October 25, 2019

Saturday & Sunday Classes (1:15) – Only 1 Parent in the Parent/Child Classes below

7:30am – 8:00 am- Water Babies (6m-18months)-Parent/Guardian Assist Required

8:00am – 8:30am – Level 2 (6-14 years)

8:30am – 9:00am - Adult Beginner (15 years and above)

9:00am – 9:30am – Level 1 (6-14 years)

Dates of Classes:

Saturday

October 5, 2019

October 12, 2019

October 19, 2019

October 26, 2019

Sunday

October 6, 2019

October 13, 2019

October 20, 2019

October 27, 2019

2019 Private Swim Lessons
Everyday at 9:30 am EXCEPT Tuesdays

Private Lessons for 1 person (30 minutes)	= \$75
Private Lessons for 1 person (4 classes @ 30minutes each)	= \$280
Private Lessons for 1 Person (8 classes @ 30minutes each	= \$520
 Semi-Private Lesson for 2 people (30 minutes)	 = \$ 90
Semi-Private Lesson (4 classes @ 30 minutes each)	= \$340
Semi-Private Lessons (8 classes @ 30 minutes each)	= \$640
 • (Semi-Privates must be at the same level to be taught together)	

Villages of WestCreek HOA
Contractor Group Swim Lessons Descriptions
Community Center Pool
June 2019 – October 2019

Waterbabies (6-18 months with Parent) (1:15) -The instructor will teach the parent to teach the child how to be comfortable in the water with first skills to start learning. Only requirement to take class is that the student be within the age range for the course by the day class starts.

Watertots (18 months – 3 years with Parent) (1:15) -The instructor will teach the parent to teach the child how to be comfortable in the water with first skills to start learning. Only requirement to take class is that the student be within the age range for the course by day class starts.

Pre-Fins and Me (2- 4 ½ years with Parent) (1:15) - Participants in this class should have taken a previous parent and child course or have had significant exposure to the pool. The goal of this class is to prepare children for pre-fin course where they participate without a parent.

Pre-Fin (4 ½-6 No Parent) (1:10) - Participants in this class will be taught only with instructor and should have taken a child course or have had significant exposure to the pool. The goal of this class is to teach the child the safety and beginning swimming skills to progress after they are 6 years old for Level 1.

Level 1 (6-14 years) (1:10) - This class is Introduction to Water Skills. This is for a student who is comfortable in the water. Swimmers will learn basics of swimming – bobbing, going under water, supported front and back float, support rolling from front to back, supported gliding, supporting flutter kick, supported front crawl arms and jumping in.

Level 2 (6-14 years) (1:10) - This class is Fundamentals of Aquatic Skills. Swimmers should already be able to float on front and back and put head under water. Swimmers will work on independently working on doing Level skills,

Level 3 (6-14 years) (1:10) - This class is stroke development. Swimmers should already be comfortable swimming front stroke and swimming on their back. Swimmers will work on gliding freestyle with side breathing, backstroke, breaststroke and dolphin kicks, retrieving objects from deeper water, treading water, and jumping into the deep and compact dives.

Level 4 – (6-14 years) (1:10) - This class is for stroke development. Swimmers should already be able to swim front and back crawl 25 yards. Swimmers will work on rotary breathing, freestyle, breaststroke, elementary back, backstroke, scissors kick and side stroke, whip kicks and turning at wall, treading with modified kicks, etc.

Adult Beginner (15 and above) (1:10) - Students will be learning basic of swimming as in Level 1

Adult Intermediate (15 and above) (1:10) - This class will be for improving skills and swimming strokes as in Level 2

Aqua Aerobics Beginner (15 and above) (1:20) – Is a low impact but high intensity water aerobics class where

NO SWIMMING SKILLS NEEDED. This class is designed to improve flexibility, range of motion, strength, muscle tone and cardiovascular endurance while **USING THE RESISTANCE OF THE WATER** to cushion the feet, knees, and back.

Note: All special needs children or adults will require an adult in water to assist.