

**FALL  
2022**



| Aquatic & Fitness Center |  
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# TOWN OF TONAWANDA YOUTH SWIM LESSON PACKET

## SEE BELOW THE PROGRAMS WE HAVE TO OFFER THIS FALL 2022

**Parent & Child:** This program for swimmers 6 months- 4 years old, allows parents to get hands on experience in the water with their children; game play and developmentally appropriate instruction encourage water readiness and confidence for all participants!

**Preschool Aquatics:** Designed for children from 4 - 5 years of age. Swimmers in preschool aquatics will become familiar and comfortable in and around the water. Basic aquatics skills are taught. All instruction is supported and hands on.

**Learn to Swim Level 1:** Introduction to Water Skills; Level 1 is designed to make participants comfortable in the water and orient them to the aquatic environment. Basic personal water safety and aquatic skills are taught. Participants begin to develop positive attitudes and safe practices in and around the water. Participants will have hands on instructor support when needed. Children should be six years of age or older.

**Learn to Swim Level 2:** Fundamental Aquatic Skills; Level 2 marks the beginning of having "locomotion" in the water. Participants build on the basic aquatic/water safety skills and concepts learned in Level 1. Children should be six years of age or older and have passed Level 1 or lesson test prerequisites. Participants in this level may enter needing support from the instructor, but may not pass until they can swim independently.

**\*\*\*\*To progress to Level 3, students must pass all skills without the support of the instructor.\*\*\*\***

**Learn to Swim Level 3:** Stroke Development; in Level 3, the aim is to help participants achieve basic water competency in the pool. Participants learn front crawl and elementary backstroke, and multiple different kicks. Children should be six years of age or older and have passed Level 2 or lesson test prerequisites. Participants in this level must be able to swim independently of any support.

**Learn to Swim Level 4:** Stroke Improvement; in this level, participants start to develop confidence in the strokes and improve those strokes and other aquatic skills. Endurance begins to be stressed as the strokes previously learned will be swum for greater distances. Children should be six years of age or older and have passed Level 3 or lesson test prerequisites.

**Stroke Advancement:** This level is a combination of American Red Cross Learn to Swim Level 5 (Stroke Refinement) and Level 6 (Skill Proficiency), participants should be ready to advance their stroke and build their endurance. Children should be six years of age or older and have passed Level 4 or lesson test prerequisites

**Learn to Swim for Teens:** This program is designed for those approximately 13-16 years of age who need help becoming more comfortable in an aquatic setting, with peers around their age. With beginner and intermediate levels, there are opportunities for any adolescents in need!

**Private Swim Lesson:** One on one instruction, designed to meet the exact needs of the participant. Ages 5+ are permitted to take these lessons. Anything from basic swimming skills, to speed swimming and dives can be explored!

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**PLEASE SEE PAGE 2 TO FIGURE OUT WHICH PROGRAM  
WOULD BE THE BEST FIT FOR YOUR SWIMMER!**

# YOUTH SWIM LESSON PACKET

## PROGRAM OUTLINES & FAQ

### WHICH PROGRAM IS THE RIGHT FIT FOR YOU OR YOUR SWIMMER!?

#### AGE?

In order to provide developmentally appropriate instruction to all swimmers, age plays a big factor in our programs! Make sure to look at the required ages for all programs

#### ABILITY?

Those who are 6+ looking to take group lessons might require a lesson test to check for ability. Recent TOT Report cards can also tell you which level to register for. Some programs require no lesson test or prior swimming abilities (Preschool, Level 1, Teen Swim & Private Lessons).

#### PAGE #

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#### PARENT CHILD:

- Class includes one adult and one child 6 months- 4 years old
- Registration can be made online or in person at the AFC
- A swim test is not required

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#### GROUP PRESCHOOL SWIM LESSONS:

- Age 4 - 5
- Registration can be made online or in person at the AFC
- A swim test is not required

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#### GROUP LEARN TO SWIM LESSONS:

##### Learn to Swim Level 1:

- Age 6+
- Registration can be made online or in person at the AFC
- A swim test is not required but recommended, if your skills pass Level 1 Exit Skills you could be placed into a higher level

##### Learn to Swim Levels 2 - 4 & Stroke Advancement:

- Age 6+
- A lesson test at the AFC or a recent TOT Report Card is required to get placed in these levels
- Registration can only happen in person at the AFC

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#### LEARN TO SWIM FOR TEENS:

- Age Approximately 13-16
- A swim, test is not required; please read the descriptions for the difference between beginner & intermediate
- Registration can be made online or in person at the AFC

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#### PRIVATE LESSONS:

- Age 5-17
- A swim, test is not required; please work with the instructor on goals, needs and share your abilities!
- Registration can be made online or in person at the AFC

#### PLEASE NOTE:

- If you do not have a Current AFC Membership, fees entitles you to participate in your scheduled class only, and does not include any additional use of the facility. If you wish to use the rest of the facility, please pay the daily entry fee or purchase a membership!
- Once your swimmer is with their instructor, you must view the lessons from the lobby viewing area or bleachers.
- Makeup classes are not permitted.
- All programs and fees subject to change.

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**MORE INFORMATION ABOUT REGISTRATION, PRICING, REQUIREMENTS AND MORE  
CAN BE FOUND ON THAT PROGRAMS DESIGNATED PAGE!**

BE ON THE LOOK OUT  
FOR OUR INFANT &  
CHILD CPR CLASS!!

Taking one of these  
classes will earn  
you a discounted  
rate for Fall!

# PARENT & CHILD

## LESSONS



Code: 411010

### OVERVIEW:

- This class that benefits both parents and children provides adults with safety tips and teaches techniques to boost children's skills.
- Through basic skill practice and game play children are introduced to the water and taught swimming readiness. Guidance from instructors allows for confidence and safety around water to grow.

### LESSON INFO:

At this time, Parent & Child Lessons will be offered as a 4-week session. See below for class dates and codes.

#### REGISTRATION:

Available online or in person at the AFC

Fall Session 1

Fall Session 2

Premium Members

9/5/22

Premium Members

10/3/22

Basic Members &  
General Public

9/12/22

Basic Members &  
General Public

10/10/22

#### WHEN:

Saturdays

10:15am - 10:45am

10:50am - 11:20am

Sundays

9:05am - 9:35am

9:40am - 10:10am

Wednesdays

5:05pm - 5:35pm

#### RATES:

Includes: One Adult and  
One Child  
(Ages 6 months- 4 Years)

Premium Members

\$24

Basic Members &

General Public

\$32

## FALL SESSION 1

Dates Range from 9/18 - 10/22

**CODE: 411010-01**

**CODE: 411010-02**

**CODE: 411010-03**

**CODE: 411010-04**

**CODE: 411010-05**

Sundays

9:05am - 9:35am

9/18/22

9/25/22

10/2/22

**NO CLASS 10/9/22**

10/16/22

Sundays

9:40am - 10:10am

Wednesdays

5:05pm - 5:35pm

9/21/22

9/28/22

**NO CLASS 10/5/22**

10/12/22

10/19/22

Saturdays

10:15am - 10:45am

9/24/22

10/1/22

**NO CLASS 10/8/22**

10/15/22

10/22/22

Saturdays

10:50am - 11:20am

## FALL SESSION 2

Please note, class does not meet on days marked.

Dates Range from 10/23 - 12/10

**CODE: 411010-06**

**CODE: 411010-07**

**CODE: 411010-08**

**CODE: 411010-09**

**CODE: 411010-10**

Sundays

9:05am - 9:35am

10/23/22

11/6/22

11/20/22

12/4/22

**NO CLASS 10/30/22**

**NO CLASS 11/13/22**

**NO CLASS 11/27/22**

Sundays

9:40am - 10:10am

Wednesdays

5:05pm - 5:35pm

11/2/22

11/9/22

**NO CLASS 11/16/22**

11/23/22

11/30/22

Saturdays

10:15am - 10:45am

11/5/22

11/19/22

12/3/22

12/10/22

Saturdays

10:50am - 11:20am

**NO CLASS 11/12/22**

**NO CLASS 11/26/22**



# GROUP LESSONS OVERVIEW

Sept. 18th - Dec.10th

## PRESCHOOL AND LEARN TO SWIM REGISTRATION PROCESS:

**PLEASE READ CAREFULLY AS ONE OF THESE OPTIONS BELOW SHOULD APPLY TO YOUR SWIMMER!**

Participants that took lessons in Summer 2022 can present their report card from the AFC or Outdoor Pools to register for the correct level for the Fall 2022 Session and bypass the testing process.

Participants registering for Preschool Aquatics (ages 4 - 5) or Learn to Swim Level 1 (ages 6+) will NOT need to present a report card or verification form, as their is no skill requirement, just an age requirement. These lessons allow for online registration. It is strongly recommend swimmers ages 6+, without a report card lesson test for proper placement.

If participants did not take Summer 2022 lessons and intend to register for levels 2 - 4 or Stroke Advancement, participants **MUST lesson test** prior to registering for lessons in the Fall 2022 Session. After the test you will receive a "Swim Lesson Testing Verification Form" and can register for the correct level by bringing that form to the front desk at the AFC. See the "Lesson Testing" section below for dates and more information on this process.

### REGISTRATION:

Premium AFC Members:

Opens Tuesday **9/6/22**

Basic AFC Members &

General Public:

Opens Tuesday **9/13/22**

Preschool & Learn to Swim Level 1  
Allow for Online Registration

### LESSON TESTING:

September 6th, 7th & 8th

**(Premium AFC Members ONLY)**

September 13th, 14th & 15th

**(All AFC Members & General Public)**

Between the hours of 4:30pm - 8:30pm at the  
Aquatic + Fitness Center.

Please arrive at the facility and sign-in, in the  
glass vestibule near the pool. A pool staff  
member who will then assist you with the  
lesson test. .

### RATES:

At this time Group Lessons  
include 8 lessons

Premium Members

**\$48**

Basic Members &

General Public

**\$64**



## GROUP LESSONS PRESCHOOL (AGES 4-5)

- Preschool Aquatics registration is available online and in person at the AFC!
- Participants registering for Preschool Aquatics will NOT need a lesson test, a report card or verification form.
- Those who will be 6 before the end of this lesson session are required to sign up for Learn to Swim Level 1.
- Please note, if someone passes all skills for Preschool Aquatics by the end of the session but they are still 4 - 5 years old, and want more swim lessons.
  - It is recommended they repeat Preschool Aquatics.
    - Instruction is developmentally appropriate and instructors will teach to ability!

### Preschool (411020)

### GROUP LESSONS

Section	Day & Dates:	No Class	Time
01	Sundays 9/18 - 12/4	10/9/22 10/30/22 11/13/22 11/27/22	10:15-10:45am
02	Wednesdays 9/21 - 11/30	10/5/22 10/26/22 11/16/22	5:40-6:10pm
03	Saturdays 9/24 - 12/10	10/8/22 10/29/22 11/12/22 11/26/22	11:25-11:55am
04	Saturdays 9/24 - 12/10		12:00-12:30pm



# GROUP LESSONS

## LEARN TO SWIM:

### LEVELS 1-4 & STROKE ADVANCEMET

LEARN TO SWIM LEVEL 1 ALLOWS  
FOR ONLINE REGISTRATION

#### Level 1 (411031)

GROUP  
LESSONS

Section	Day & Dates:	No Class	Time
01	Sundays 9/18 - 12/4	10/9/22 10/30/22 11/13/22 11/27/22	10:15-10:45am
02	Wednesdays 9/21 - 11/30	10/5/22 10/26/22 11/16/22	5:40-6:10pm
03	Wednesdays 9/21 - 11/30		6:15-6:45pm
04	Saturdays 9/24 - 12/10	10/8/22 10/29/22 11/12/22 11/26/22	12:00-12:30pm

#### Level 3 (411033)

GROUP  
LESSONS

Section	Day & Dates:	No Class	Time
01	Wednesdays 9/21 - 11/30	10/5/22 10/26/22 11/16/22	5:40-6:10pm
02	Saturdays 9/24 - 12/10	10/8/22 10/29/22 11/12/22 11/26/22	11:25-11:55am

#### Level 2 (411032)

GROUP  
LESSONS

Section	Day & Dates:	No Class	Time
01	Sundays 9/18 - 12/4	10/9/22 10/30/22 11/13/22 11/27/22	10:15-10:45am
02	Wednesdays 9/21 - 11/30	10/5/22 10/26/22 11/16/22	6:15-6:45pm
03	Saturdays 9/24 - 12/10	10/8/22 10/29/22 11/12/22 11/26/22	11:25-11:55am

#### Level 4 (411034)

GROUP  
LESSONS

Section	Day & Dates:	No Class	Time
01	Wednesdays 9/21 - 11/30	10/5/22 10/26/22 11/16/22	6:15-6:45pm
02	Saturdays 9/24 - 12/10	10/8/22 10/29/22 11/12/22 11/26/22	12:00-12:30pm

#### Stroke Adv. (411040)

GROUP  
LESSONS

Section	Day & Dates:	No Class	Time
01	Sundays 9/18 - 12/4	10/8/22 10/29/22 11/12/22 11/26/22	11:00-11:30am
02	Wednesdays 9/21 - 11/30	10/5/22 10/26/22 11/16/22	4:30-5:00pm

**PRESCHOOL AND LEARN TO  
SWIM REGISTRATION  
PROCESS & LESSON TESTING  
TIMES FOUND ON PAGE 4**

# LEARN TO SWIM FOR TEENS

These programs are designed for swimmers approximately 13-16 years of age who need help becoming more comfortable in an aquatic setting, with peers around their age! With two different levels of learning, the hope is to teach swimmers what they specifically need!

LTS FOR TEENS DOES NOT  
REQUIRE A SWIM TEST

## BEGINNER

**411041 -01**

This program is available to adolescents looking to become more comfortable in the water. Submerging, floating and other basic water skills will be explored!

## INTERMEDIATE

**411041 -02**

This program is designed for swimmers already comfortable in water.

Work will be done in both chest deep water and water above their head. Focus will be on developing proper strokes, treading water and more!

### THURSDAYS

**Beginner:** 6:00 - 6:30pm

**Intermediate:** 6:30 - 7:00pm

9/29/22 - 11/17/22

**NO CLASS 10/6/22**

**NO CLASS 11/3/22**

Premium Members: **\$36**

General Public: **\$48**

(Price includes a 6-week session)

Registration Opens:

Premium Members: **9/15/22**

Basic Members & General Public: **9/22/22**

(Available online or at the AFC)





# PRIVATE SWIM LESSONS:



**PRIVATE SWIM  
LESSONS ARE  
BACK AT THE  
AFC!!**

These one on one swim lessons are designed so that anyone can learn to swim! Trained instructors will work with the swimmer on whatever it is they need. Ages range from 5-17 for this private instruction, email [Czon@tonawanda.ny.us](mailto:Czon@tonawanda.ny.us) with Questions and Information!

## REGISTRATION:

Registration available online or in person  
at the Aquatic and Fitness Center.

Premium Members

9/6/22

Basic Members &

General Public

9/13/22

## RATES:

At this time Private Lessons include  
8 lessons with the instructor

Premium Members

**\$80**

Basic Members &

General Public

**\$96**

## OTHER INFO:

- Private lessons DO NOT require a lesson test.
- Lesson make ups will not be available, you are committed to your time and the dates on this pages at time of Registration
- Private Lessons DO NOT meet on dates listed.

Wednesdays 9/21 - 11/30		Private Swim Lessons 411038
Section	Time	Please Note, there will be no Private Lessons on the following Wednesdays:  10/5/22 10/26/22 11/16/22
05	4:30-5:00pm	
06	5:05-5:35pm	

We have limited spots with specific time blocks. However, we are hoping to meet the needs of swimmers with a range of different abilities!

Sundays 9/18-12/4		Private Swim Lessons 411038
Section	Time	Please Note, there will be no Private Lessons on the following Sundays:  10/9/22 10/30/22 11/13/22 11/27/22
01	9:05-9:35am	
02	9:40-10:10am	
03	11:00-11:30am	
04	11:35-12:05pm	

Saturdays 9/24 - 12/10		Private Swim Lessons 411038
Section	Time	Please Note, there will be no Private Lessons on the following Saturdays:  10/8/22 10/29/22 11/12/22 11/26/22
07	10:15-10:45am	
08	10:50-11:20am	