

SWIM LESSONS AT THE WARREN COMMUNITY CENTER

MONDAYS, MARCH 27-MAY 22

NO CLASS APRIL 3

ACTIVITY #11501

A. Preschool 2	4:35-5:05 p.m.
B. Level 1	5:10-6 p.m.
C. Level 2	5:10-6 p.m.
D. Parent-infant	7-7:30 p.m.
E. Level 3	7-7:50 p.m.
F. Level 1	7:35-8:25 p.m.
G. Beginner Adult	7:55-8:45 p.m.

TUESDAYS, MARCH 28-MAY 23

NO CLASS APRIL 4

ACTIVITY #11504

A. Preschool 2	4:35-5:05 p.m.
B. Level 1	5:10-6 p.m.
C. Level 4	5:10-6 p.m.
D. Preschool 2	7-7:30 p.m.
E. Level 3	7-7:50 p.m.
F. Level 2	7:35-8:25 p.m.
G. Intermediate Adult	7:55-8:45 p.m.

Free Testing Day

Bring your child in for a swim test to determine placement level.

Friday, March 10 4-6 p.m.

Registration Begins

On-line: Tuesday, March 14 at 9 a.m.
Walk-in: Thursday, March 16 at 9 a.m.
Phone-in: Friday, March 17 at 9 a.m.

WEDNESDAYS, MARCH 29-MAY 24

NO CLASS APRIL 5

ACTIVITY #11505

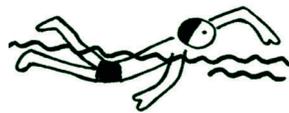
A. Preschool 1	9:30-10 a.m.
B. Parent-infant	10:05-10:35 a.m.
C. Parent-tot	10:40-11:10 a.m.
D. Preschool 2	11:15-11:45 a.m.
E. Level 1	4:15-5:05 p.m.
F. Preschool 1	4:35-5:05 p.m.
G. Level 2	5:10-6 p.m.
H. Level 4	5:10-6 p.m.
I. Preschool 3	7-7:30 p.m.
J. Level 1	7:35-8:25 p.m.
K. Level 3	7-7:50 p.m.
L. Advanced Teen	7:55-8:45 p.m.

THURSDAYS, MARCH 30-MAY 25

NO CLASS APRIL 6

ACTIVITY #11507

A. Level 1	4:15-5:05 p.m.
B. Preschool 1	4:35-5:05 p.m.
C. Level 1	5:10-6 p.m.
D. Level 2	5:10-6 p.m.
E. Preschool 2	7-7:30 p.m.
F. Level 3	7-7:50 p.m.
G. Level 1	7:35-8:25 p.m.
H. Advanced Adult	7:55-8:45 p.m.



FRIDAYS, MARCH 31-JUNE 2

NO CLASS APRIL 7 AND MAY 26

ACTIVITY #11508

A. Level 2	4:15-5:05 p.m.
B. Parent-tot	4:35-5:05 p.m.
C. Level 1	5:10-6 p.m.
D. Level 3	5:10-6 p.m.
E. Preschool 1	6:05-6:35 p.m.
F. Level 4	6:05-6:55 p.m.
G. Preschool 3	7-7:30 p.m.
H. Level 2	6:40-7:30 p.m.
I. Level 3	7:35-8:25 p.m.
J. Beginner Teen	7:35-8:25 p.m.

SATURDAYS, MARCH 25-JUNE 3

NO CLASS APRIL 8, 15 AND MAY 28

ACTIVITY #11509

A. Parent-tot	9-9:30 a.m.
B. Preschool 1	9-9:30 a.m.
C. Preschool 2	9-9:30 a.m.
D. Parent-Infant	9:35-10:05 a.m.
E. Preschool 1	9:35-10:05 a.m.
F. Preschool 3	9:35-10:05 a.m.
G. Level 1	10:10-11 a.m.
H. Level 2	10:10-11 a.m.
I. Level 3	10:10-11 a.m.
J. Level 5	10:10-11 a.m.
K. Level 1	11:10-Noon
L. Level 2	11:10-Noon
M. Level 4	11:10-Noon
N. Level 6	11:10-Noon

SUNDAYS, MARCH 26-JUNE 4

NO CLASS APRIL 9, 16 AND MAY 28

ACTIVITY # 11511

A. Parent-Infant	5-5:30 p.m.
B. Preschool 2	5-5:30 p.m.
C. Level 5	5:10-6 p.m.
D. Parent-tot	5:35-6:05 p.m.
E. Preschool 3	5:35-6:05 p.m.
F. Level 1	6:10-7 p.m.
G. Level 2	6:10-7 p.m.
H. Level 4	6:10-7 p.m.
I. Level 6	6:10-7 p.m.
J. Level 1	7:05-7:55 p.m.
K. Level 2	7:05-7:55 p.m.
L. Level 3	7:05-7:55 p.m.
M. Level 5	7:05-7:55 p.m.
N. Level 6	8-8:50 p.m.
O. Beginner Adult	8-8:50 p.m.
P. Beginner Teen	8-8:50 p.m.
Q. Intermediate Adult	8-8:50 p.m.

Private Swim Lessons

at Warren Community Center

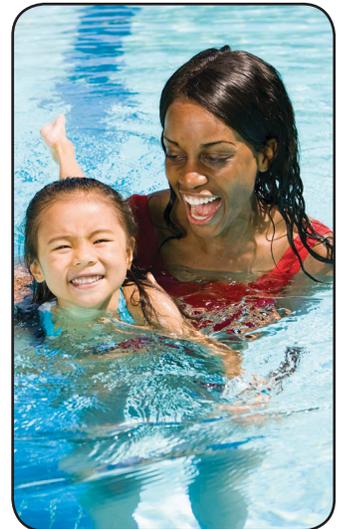
For ages 3 and up. The level taught will be determined by the instructor after the participant has been evaluated on the first day. Private lessons are taught one-on-one.

SUNDAYS, MARCH 26-JUNE 4

NO CLASS APRIL 9, 16 AND MAY 28

ACTIVITY# 11514

A. 5:10-6 p.m.
B. 6:10-7 p.m.
C. 7:05-7:55 p.m.
D. 8-8:50 p.m.



ARE YOU INTERESTED IN BECOMING A LIFEGUARD OR SWIM INSTRUCTOR?

VISIT WWW.CITYOFWARREN.ORG FOR MORE INFORMATION ON HOW TO APPLY!

Make-Up Lesson Policy

No make-up classes or refunds for participants who are unable to attend.

If the pool is closed due to maintenance issues or inclement weather, a make-up class will be scheduled.

Register on the web:
www.cityofwarren.org!

Registration can be done in person at the Warren Community Center, over the phone at 586-268-8400 with Visa or MasterCard and online.

- ### Registration Fees
- Parent-infant: \$50
 - Parent-tot: \$50
 - Pre-school: \$50
 - Levels 1 - 6: \$58
 - Teen/Adult lessons: \$58
 - Semi and Private: \$200 (Semi: \$25 per additional students)

Semi-Private Swim Lessons

Warren Community Center

\$200 first child, \$25 each additional child (Limit of 3 children)



Perfect for those who want to enroll family and/or friends in class together, but still want the private lesson experience!

Students must be at the same skill level to enroll together.

Register one student online in your preferred private lesson time slot. Prior to the first day of class, call the swim lesson coordinator at 586-258-2051 to add additional students.



PRE-SCHOOL PROGRAM (AGES, 4 AND UNDER)

Parent-Infant: With the parent's assistance, infants will learn water adjustment and basic water skills. Skills will be introduced through games, songs, and activities. Swim diaper and plastic pants required. For ages 2 and under.

Parent-Tot: With the parent's assistance, toddlers will focus on water exploration, floating, basic locomotion, stroke readiness and stroke development. Skills will be introduced through games, songs, and activities. Swim diaper and plastic pants required. For ages 2 to 4.

Preschool 1-For children who are in class for the first time without a parent. Focuses on enjoyment in and on water adjustment (students do not go underwater). Students are supported by a teacher for all skills. For ages 3-4.

Preschool 2-For children who are not afraid of the water. This class will build upon basic swimming skills so children can gain more confidence in the water. Students begin to go underwater and float, glide, kick, and swim with little to no assistance in this class. For ages 3-4.

Preschool 3-Students will float, glide, kick and swim with no assistance. Students will perform skills for longer durations/greater distances. Must be able to go underwater and swim on the front and back unassisted before enrolling. For ages 3-4.

LEVEL PROGRAMS (AGES, 5 AND UP)

Level 1: Students will learn to go underwater and learn basic skills. For ages 5-10.

Level 2: For those who are ready to learn the foundations of front and back swimming. Students must be able to float with little or no assistance before enrolling. Previous swim lesson experience highly recommended. Ages 5-10.

Level 3: Students will learn correct technique for front crawl/back crawl/elementary backstroke and will be introduced to dolphin kick, scissors kick and treading water. Must pass Level 2 or be able to swim 10 yards unassisted on the front and back before enrolling. Ages 5-12.

Level 4: Students will increase endurance for front crawl/back crawl/elementary backstroke. Participants will learn the backcrawl, sidestroke, breaststroke and butterfly. Class is held in deep water; must pass Level 3 before enrolling. Ages 6-14.

Level 5: Students will work on coordination and refinement of strokes to increase endurance and efficiency while swimming. Flip turns will be introduced. Students must know all six strokes before enrolling. Ages 7-14.

Level 6: Students will continue with refinement of strokes to swim with more ease, efficiency, power and smoothness over greater distances. Fitness elements will be taught to students. Must be proficient in all six strokes before enrolling. Ages 8-14.

TEEN PROGRAM (AGES, 10-15)

Beginner Teen: This class is for students who have minimal swimming experience. Students will learn how to float, glide, kick and swim on the front and back. This class is for students who cannot do skills independently. Ages 10-15.

Intermediate Teen: This class is for students who can already float, glide, kick and swim on the front and back. Students will be taught proper form and technique for swimming front and backcrawl. Rhythmic breathing, elementary backstroke, and breaststroke will be introduced. Ages 10-15.

Advanced Teen: This class is for students who can proficiently swim the front and back crawl, elementary backstroke and breaststroke. Sidestroke and butterfly will be introduced. Students will begin to learn advanced techniques such as turns, and will begin distance/endurance swimming. Ages 10-15.

ADULT PROGRAM (AGES, 16 AND UP)

Beginner Adult: For those that have never swum before and have a fear of the water. Class focuses on becoming comfortable in and around the water. Skills will include going underwater, floating, gliding, kicking and swimming with the assistance of a floatation device and/or instructor if necessary.

Intermediate Adult: For those who have completed the beginner class or are comfortable in the water. Students should be able to swim independently before enrolling. Class focuses on various strokes such as the front crawl, back crawl, breaststroke, elementary backstroke, sidestroke and butterfly. Correct form/technique will be taught.

Advanced Adults: For those who are strong swimmers and want to get a swim team type workout. This class will include proper stretches, warm-ups, workouts and cool downs.

