

# Aquatic Programs

When choosing a class for your child it is important to look at both the age and skill level. Improper placement can lead to frustration for the parent, instructor and child. Because this is a motor skill activity, every child will progress at their own pace. In swimming lessons, the child must master basic skills for each stroke prior to moving to the next level. In many cases, children will repeat a level in order to perfect these skills. If you have questions regarding placement, please do not hesitate to ask the staff for assistance.

All swim classes have limited space available. No make-up lessons for missed lessons. Participants will receive a full refund or credit if the Parks & Recreation Department cancels a lesson.

No drop ins. Coupon accepted.

## How to Get Started?

1. Select Appropriate Program  
Parent and Child Aquatics 6 months - 5 years  
Aqua Tots Program 3 - 5 years  
Jr. Swimmers Program 5 - 12 years  
Adult Swimming Program 18 years and older
2. Select Appropriate Level (see course descriptions)
3. Select the Days and Times that you are available.
4. Sign up and pay for class at the front desk.
5. Enjoy your class!

## Session Dates and Times

(See swim lessons schedules for specific day and times.)

### Fall I Session

Saturdays: Sept. 11 - Oct. 23

Evenings: Mondays - Sept. 13 - Oct. 18 (No Class Sept. 6)

Wednesdays - Sept. 8 - Oct. 20

Days: Tuesdays - Sept. 7 - Oct. 19

Thursdays - Sept. 9 - Oct. 21

### Fall II Session (No Class week of Nov. 22)

Saturdays: Oct. 30 - Dec. 16

Evenings: Mondays - Oct. 25 - Dec. 13

Wednesdays - Oct. 27 - Dec. 15

Days: Tuesdays - Oct. 26 - Dec. 14

Thursdays - Oct. 28 - Dec. 16

## Parent and Child Aquatics

The foundation of American Red Cross Parent and Child Aquatics is a set of basic skills that prepares young children to become comfortable in the water so they can be ready to learn how to swim. These basic skills include getting adjusted to the water environment, showing comfort while maintaining a front or back position in the water and demonstrating breathe control. These classes will not make your child an independent swimmer, instead, these classes will prepare your child to enter our Learn to Swim program when they are more mature.

## Little Splashers

The Little Splashers class is for children who are 6 months to 2 years old and have either no water experience or one previous session of water adjustment lessons. The goals of Little Splashers are to provide experiences and activities for parents and children to: Learn how to enter and exit the water in a safe manner, feel comfortable in the water, submerge, explore buoyancy in a front and back position, change body position in the water, and learn about choosing and using life jackets.

## Big Waves

The Big Waves class is for children: 18 months to 4 years old and have had two or more previous sessions of water adjustment lessons, submerge only reluctantly or not at all, or require flotation support at all times, OR are up to 5 years old and have little or no previous experience in water adjustment lessons, are reluctant to enter the water or submerge, requires flotation support at all times, or may benefit from parental presence and support in the water. The Big Waves class builds upon the skills learned in Little Splashers. The goals of the Big Waves class are to provide experiences and activities for parents and children to: Learn how to enter and exit the water in a safe manner, feel comfortable in the water, submerge in a rhythmic pattern, explore buoyancy in a front and back position, perform combined stroke on front and back, change body position in the water, and learn about choosing and using life jackets.

# Aquatic Programs

## Aqua Tots Program

The Aqua Tots Program is for those 3 to 5 years old. The American Red Cross Learn-to-Swim program teaches aquatic and safety skills in a logical progression. It is composed of six levels. The objective is to teach people to swim and to be safe in, on, and around the water. Skills are categorized in the following way in levels 1 through 5: Water entry and exit, breath control and underwater swimming, buoyancy, changing direction and position, treading, swimming on front, back, and side, general and personal water safety, and helping others. Level 6 focuses on refining strokes and turns, and building endurance. The parent is not in the water with the child and will be asked to leave the immediate pool area. The children must be able to trust the instructor completely. Once the child turns 6 years of age, they will be required to move to the Junior Swimmers Program, and will not be permitted to register for the Aqua Tots Program. The two programs are exactly the same. The only difference is age. Please see class descriptions.

## Jr. Swimmers Program

The Junior Swimmers Program is for those 5 to 12 years old. The American Red Cross Learn-to-Swim program teaches aquatic and safety skills in a logical progression. It is composed of six levels. The objective is to teach people to swim and to be safe in, on, and around the water. Skills are categorized in the following way in levels 1 through 5: Water entry and exit, breath control and underwater swimming, buoyancy, changing direction and position, treading, swimming on front, back, and side, general and personal water safety, and helping others. Level 6 focuses on refining strokes and turns, and building endurance. Parents will be asked to leave the immediate pool area. Please see class descriptions.

## Aqua Tot 1/Level 1 Introduction to Water Skills

There are no prerequisites for this course. The objective of Level 1 is to help students feel comfortable in the water and to enjoy the water safely.

## Aqua Tot 2/Level 2 Fundamental Aquatic Skills

Students entering this course must have a Level 1 certificate or must be able to demonstrate all the completion requirements in Level 1. The objective of Level 2 is to give students success with fundamental skills. Students learn to float without support and to recover to a vertical position. This level marks the beginning of true locomotion skills. Students explore simultaneous and alternating arm and leg actions on the front and back to lay the foundation for future strokes. Level 2 adds to the self-help and basic rescue skills begun in Level 1.

## Aqua Tot 3/Level 3 Stroke Development

Students entering this course must have a Level 2 certificate or must be able to demonstrate all the completion requirements in Level 2. The objective of Level 3 is to build on the skills in Level 2 by providing additional guided practice. The students will be taught to coordinate the front crawl and back crawl. Elements of the butterfly and treading water will be introduced. Students will also learn rules for headfirst entries and will begin to learn to enter the water headfirst from the side of the pool. As in all levels, additional safety skills will be presented.

## Aqua Tot4/Level 4 Stroke Improvement

Students entering this course must have a Level 3 certificate or must be able to demonstrate all the completion requirements in Level 3. The objective of Level 4 is to develop confidence in the strokes learned thus far and to improve other aquatic skills. Students can expect to improve their skills and increase their endurance by swimming familiar strokes (front crawl and back crawl) for greater distances. Students will continue to build on the butterfly and introduce the elementary backstroke, breaststroke, and elements of the sidestroke. Basics of turning at a wall are also introduced.

## Level 5 Stroke Refinement

Students entering this course must have a Level 4 certificate or must be able to demonstrate all the course requirements in Level 4. The objective of Level 5 is coordination and refinement of strokes. Participants refine their performance of all the strokes (front crawl, back crawl, butterfly, breaststroke, elementary backstroke and sidestroke) and increase their distances. Flip turns on the front and back are also introduced.

## Level 6 Fitness Swimming

Students entering this course must have a Level 5 certificate or be able to demonstrate all course requirements in Level 5. Participants will be refining all of the 6 strokes so they can swim with more ease, efficiency, power, and smoothness over greater distances. They will also be working on turns, swimming with the pace clock, and using pull buoys, fins, and paddles to build strength and endurance.

# Aquatic Programs

## Adult Swimming Program

This swimming program has a little bit for everyone. Did you always wish that you had learned how to swim as a child? Well it's never too late to get started. The purpose of this program is what YOU want to get out of it. For some of you that may mean personal safety, "I want to be able to save myself." For others it may be learning to swim the basic strokes so that you can later use them for fitness swimming. Your needs will be discussed at the beginning of the class, and the class will be geared towards meeting your personal goals.

## Private Swim Lessons

If your swimming skills aren't ready for public viewing, or if our group lessons don't fit your schedule, we can provide one on one sessions with experienced instructors tailored to meet your needs. Whether you've never learned to swim or just want to improve your technique, we can match you with the appropriate level of instruction. Call today for an appointment. No coupon.

Program Fee	\$30.00/ half hr./ per student
Macedonia Resident Fee	\$25.00/ half hr./per student
Member Fee	\$20.00/ half hr./per student

## Semi-Private Lessons

Receive the benefits of a private lesson with a friend or family member. The following fees are in addition to the private lesson fee. By appointment only. (Maximum of 4 participants in a semi-private lesson.) No coupon.

Program Fee	\$15.00/ half hr./ per student
Macedonia Resident Fee	\$13.00/ half hr./per student
Member Fee	\$10.00/ half hr./per student

## CPR/AED for the Professional Rescuer Challenge

Renew your American Red Cross CPR for the Professional Rescuer certification. Recertification available by appointment only. Call 330-468-8372 to schedule an appointment. No drop ins. No coupon.

Program Fee	\$ 50.00
Macedonia Resident Fee	\$ 45.00
Member Fee	\$ 40.00

## Scout Troop Aquatic Badges

If your Scout Troop would like to fulfill some aquatic merit badge requirements, let us help you reach your goals. Time is available Saturday afternoons. A maximum of 10 scouts per session please, due to equipment and space restrictions. Dates are set by appointment only. Troops must pre-register after dates have been reserved through the Aquatics Coordinator. Refunds for troop cancellations will not be given unless a one-week notice is given. Please specify which badge your troop is interested in. Troops are allowed two chaperones with package, any additional people will be charged daily admission rate.

No drop ins. No coupon.

Boy Scouts:	Swimming Badge, or Snorkeling Badge (1st and 2nd class swimming requirement)
Cub Scouts:	Aquanaut Pin
Jr. Girl Scouts:	Swimming Badge, Water Fun Badge
Girl Scouts:	Water Sports Interest Project

Scout Troop Package \$80.00/ per troop

Call (330) 468-8372 to reserve your date.

## Lifeguard Challenge

Renew your American Red Cross Lifeguard Training and First Aid

certification. Recertification available by appointment only.

Call 330-468-8372 to schedule an appointment.

No drop ins No coupon.

Program Fee	\$100.00
Macedonia Resident Fee	\$ 90.00
Member Fee	\$ 75.00

# Aquatic Programs

## Buckeye Diving

### Scuba Certification Part I

Learning to scuba dive is one of the most amazing things in the world. Part one of the two part training is offered by Buckeye Diving School here at the Macedonia Family Recreation Center. Part one consists of a one night a week class for six weeks. The first night of class is an orientation where a comprehensive outline is given to cover all the responsibilities of the student, fees and equipment requirements. Each class is three hours long and spends equal time in the pool as well as the classroom. Students learn the fundamentals of scuba and theory followed by hands on training in the pool each class. Upon completion students need to take an additional two day class to finalize their scuba certification in an open water environment. This class is an additional fee (\$185) and is offered through Buckeye Diving School. For your safety, all masks, snorkels, fins and boots must be purchased or rented from Buckeye Diving, please no outside equipment allowed. Class fee will include training, use of equipment, pool time, books, DVD and log book. Please visit [www.buckeyedive.com](http://www.buckeyedive.com) for details or call us at 440-439-3677. Please register at the Macedonia Family Recreation Center for Scuba Part I. No drop ins. No coupon.

Session	Date (s)	Time	Day
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#### Fall I (7 week/7 classes)

Sept. 7 (orientation) - Oct. 19	6:00-8:45 p.m.	Tue
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**Fee:** Program \$330/Resident\$310/Member\$290

#### Fall II (9 week/7 classes) No Class Nov. 23 or Nov. 30

Oct. 26 (orientation) - Dec. 21	6:00-8:45 p.m.	Tue
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**Fee:** Program \$330/Resident\$310/Member\$290

## Competitive Stroke/ Conditioning Clinic

Interested in improving your swimming strokes? Want to prepare for the winter swim team? Don't let all your hard work on summer swim team go to waste-stay in the water! Fall stroke clinic will help you maintain your competitive edge. Ages 6-18.

**No drop ins. No coupon.**

**Dates** Saturdays  
 Oct. 30 - Dec. 18  
 No Class Nov. 27  
 Time 12:00 - 1:00 p.m.

	First Child	Additional Siblings
<b>Program Fee</b>	\$95.00	\$ 85.00
<b>Macedonia Resident Fee</b>	\$75.00	\$ 65.00
<b>Member Fee</b>	\$55.00	\$ 45.00

## Manta Rays Recreational Swim Team

Parent Meeting December 8th 6:00 p.m.

CHECK THE MACEDONIA FAMILY RECREATION CENTER WEBSITE PERIODICALLY! NEW PROGRAMS OR CLASSES WIL BE POSTED.

WWW.MACREC.COM