Arlington Pool Swimming Lessons

THE FOLLOWING ARE DESCRIPTIONS OF THE SWIM CLASSES OFFERED EACH SUMMER AT ARLINGTON. CLASSES THAT DO NOT ENROLL ENOUGH PARTICIPANTS WILL BE DROPPED AND MEMBERS WILL HAVE THE OPPORTUNITY TO SIGN UP FOR ANOTHER CLASS OR BE REFUNDED.

FOR EXACT CLASS DATES AND FEES, PLEASE REFER TO THE ARLINGTON NEWSLETTER OR CALL THE MAIN OFFICE AT 622-2200.

Parents and swimmers that wish to remain at the pool that participate in group lessons or swim practice SHOULD enter through main gate and sign register at time when pool gates open.

1. TINY TOTS AGES: 6 MONTHS-3 YEARS
We are offering this class in the afternoon as the water and sun are warmer and the children and parents should generally enjoy and learn more.
DESCRIPTION: A course designed to make these boys and girls aware of the water environment. Moms and/or Dads must accompany their child in the water.
LIMIT: Ten (10) children per class.

2. BEGINNING SWIMMING
DESCRIPTION: This course is designed for children who are just starting to swim. It is also for any child who is having trouble with breathing, kicking, arm strokes, fear of water, etc.
LIMIT: Eight (8) children per class.

3. ADVANCED BEGINNING SWIMMING
DESCRIPTION: This course is designed for older children who want to improve their swimming stroke (breathing, arm stroke, or kick). Freestyle will be emphasized with the introduction to the backstroke. The boys and girls in the course are not expected to be excellent swimmers, but should feel fairly relaxed in the water.
LIMIT: Ten (10) children per class.

4. INTERMEDIATE SWIMMING
DESCRIPTION: This course is designed for children who have a fairly well developed front crawl or freestyle stroke. This course will begin to emphasize conditioning, speed, and perfection of the stroke. The boys and girls will be reviewed on the backstroke and introduced to the breaststroke and the butterfly.
LIMIT: Ten (10) children per class.

5. PRECOMPETITIVE SWIMMING
DESCRIPTION: This course is for those whose skills are beyond the swim lesson level but do not have the background in the competitive strokes necessary to be successful on the swim team. It is meant for those who want to learn four competitive strokes properly in preparation for the swim team without the training part of swimming practice. The class will have a small ratio of eight to one, student to instructor, and will meet every day for two weeks. Students in this class will be eligible to participate in meets with the team, if the instructor feels that they are ready. This class will be offered during the first two sessions.
LIMIT: Eight (8) children per class.