



Swimming Session 1

January 5 - February 25, 2021

Classes meet 1x/week for 8 weeks.

Tiny Toots (Ages 3-36 months) 30 min.-\$80/8 wk. Session

Children must be 3+ yrs. & Potty Trained to enter the following combination classes:

Submarines (Level 1)/Motorboats (Level 2) 30 min.-\$86/8 wk. Session

Speedboats (Level 3)/ Powerboats (Levels 4) 45 min.-\$125/8 wk. Session

Annual registration fee of \$30/student must be submitted with all new student enrollments.
Former student's registration fees are renewable one (1) year from the date you began classes.

Tuesday	Wednesday	Thursday
	10:00-10:30 Submarines/Motorboats	
4:15-4:45 Submarines/Motorboats		4:15-5:00 Speedboats/Powerboats
5:00-5:30 Submarines/Motorboats		5:15-5:45 Submarines/Motorboats
5:45-6:30 Speedboats/Powerboats		6:00-6:30 Submarines/Motorboats
6:45-7:15 Submarines/Motorboats		6:45-7:15 Tiny Toots

TINY TOOTS (3-36 Months - Parent Participation Required): Mom and/or Dad will help the child to develop coordination, strength and physical skills, as well as water safety skills, through the direction of a *KiDS'* swim instructor. A swim diaper is required for our "Tiny Toots" and a towel. We do have swim diapers for sale at *KiDS body shop*. PLEASE, NO REGULAR DISPOSABLE DIAPERS.

*** ANY CHILD UNDER 3 YRS. MUST RECEIVE INSTRUCTOR RECOMMENDATION TO PARTICIPATE IN THE FOLLOWING CLASSES:**
SUBMARINES (Level 1) - 30 min.: Our objective is to help develop a respect for the water as well as to develop strength, coordination, self-confidence and the ability to participate in a group setting. Our instructors will show them how to propel themselves to the side of the pool and hold on until someone helps them out. They will also work with kick boards and retrieve objects from under the water. Student/teacher ratio is 4/1.

MOTORBOATS (Level 2 & Passed Level 1) - 30 min. In each Motor Boat session we will introduce rhythmic breathing, floating, stroking, water safety and the use of life jackets. Student/teacher ratio is 4/1.

SPEEDBOATS (Level 3 & Passed Level 2, plus teacher recommendation) - 45 min.: Speedboats will be introduced to the elementary back stroke, work on rhythmic breathing, swimming the perimeter of pool and deep water skills. They will also work on safety skills. Student/teacher ratio is 4/1.

POWERBOATS (Level 4 & Passed Levels 1 thru 3) - 45 min.: Powerboats will work on the back crawl, treading water, butterfly, breast stroke, side stroke and continued knowledge of freestyle. They also work on safety skills and will view a safety video. Student/teacher ratio is 4/1.

REGISTRATIONS are best made through our Customer Portal (<https://app.iclasspro.com/portal/omegagymnastics>). **Customers must accept our current Policies on-line before enrolling in classes. Credits on your account can now be applied to registrations through our Customer Portal.**