

Fall Aquatics Lessons & Open Swim

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All lessons take place at Westhill High School, 125 Roxbury Rd.

All Registrations must take place at the Recreation Office or online, no onsite registration is permitted.

Lessons are limited to 8 participants per class and fill up fast!!

Lesson Fees: Youth \$125.00, Parent & Child \$140.00, Adults \$150.00

Swim Lesson Level Description (NEW)

Parent Child:

Developed for children 6 months to 3 years, Parent and Child Aquatics helps young children get ready to swim by emphasizing fun in the water. Parents and children participate in several guided practice sessions that help kids learn elementary swimming skills, including water entry, bubble blowing, front kicking, back floating, underwater exploration and more. **Must enter the water with assistance, must be able to hold head up.**

Level One:

Introduction to water skills helps children become comfortable in the water and basic water safety. Using floatation backpacks, diving rings and other resources to help introduce combined arm and leg action and help understand the concept of blowing bubbles and **more must be able to enter water, must be able to blow bubbles/put face in water, & must be able to blow bubbles/put face in water**

Level Two:

Builds off of level 1 class and introduces fundamental skills such as, arm finning on back and floating without assistance. Kids are encouraged to swim on their own with minimal use of backpacks and floatation devices. **Must be able to swim with floatation device without assistance, must be able to swim/float on front and back with assistance and must be able to put face in water with bubbles**

Level Three:

Focuses on coordinating arm and leg movements and improving upon skills learned in Levels 1 and 2. This class introduces Scissor kick and side breathing & more. **Must be able to swim three body lengths without assistance, must be able to put face in water, must be able to put face in water and must be able to swim on front and back without assistance**

Level Four:

Stroke improvement is held in the diving well, kids are encourage swimming without any assistance and are conditioned to swim continuously to improve stamina and train for level 5&6. This course introduces all 6 strokes. **Must be able to swim in deep end of pool for entire class, must be able to swim on front and back (front crawl, back crawl, elementary backstroke) and -must be able to do kneeling dive with minimal assistance**

Level 5 & 6:

The highest level offered, works on swimming laps, perfecting stroke technique and introduction to a swim team inspired class. Must have knowledge of all 6 strokes and be able to swim continuous laps. **Must have knowledge of all 6 strokes, must be able to swim continuous laps and must be able to do kneeling dive from side.**

Swim Class Days & Times

Mondays, September 12th – November 28th

(No class 10/3, 10/10, 10/31)

6:00pm – 6:30pm Level One
6:30pm – 7:00pm Level Two -
7:00pm – 7:30 pm Level Three
7:30pm – 8:00pm Level Four
8:00pm – 8:30pm Level 5 & 6

Tuesdays, September 13th – November 1st (No class 10/4)

6:30pm – 7:00pm Parent & Child
7:00pm – 7:30 pm Adult Level One
7:30pm – 8:00pm Adult Level Two

Wednesdays, September 14th – November 30th

(No class 10/12, 10/19, 11/23)

6:00pm – 6:30pm Level One
6:30pm – 7:00pm Level Two
7:00pm – 7:30 pm Level Three
7:30pm – 8:00pm Level Four
8:00pm – 8:30pm Level 5 & 6

Fridays, September 16th – November 18th (No class 11/11)

6:00pm – 6:30pm Level One
6:30pm – 7:00pm Level Two
7:00pm – 7:30 pm Level Three
7:30pm – 8:00pm Level Four
8:00pm – 8:30pm Level 5 & 6

Adult Level One (Ages 16 & UP): Works on breaking fear in the water, focuses on comfort in the water, understanding balance and floating as well as rotary breathing; introduction to stroke development, floats, streamline and much more. **Must be willing to put face in water, and must be able to swim on front and back with minimal assistance.**

Adult Level Two (Ages 16 & UP): Focuses on stamina in the water and stroke refinement, including all strokes on front and back. Perfecting strokes and getting a great workout while going easy on joints and muscles. **Must be able to swim three body lengths, on front and back, without assistance, must be able to rotary breath and must be willing to swim continuous laps.**

Public Open Swim

Public Open Swim

(Monday, Wednesday, & Friday (No open swim when schools are closed)

Public swim takes place from 6:30 – 8:30 pm at Westhill High School Pool. The Fees listed below are for the Fall Sessions. Register in the office, online, or in person at Westhill (In person at Westhill the week of September 19th)
Open Swim dates are: September 19th – March 10th, 2017 (No open swim on 10/3, 10/4, 10/10, 10/12, 10/19, 11/24, 11/25)

		City of Stamford Resident Rate (-20%)	Swim Lesson Registrant *
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Infants < 2	Free	Free	N/A
Child (2-6)	\$50	\$40	\$25
Youth (7-18)	\$60	\$48	\$25
Adult (19-61)	\$70	\$56	\$25
Senior (62+)	\$40	\$32	\$25
Family*	\$120	\$96	\$80
*Family=2 adults, plus all children under 18 in household			*Admission during current enrollment session

Vacation Break Programs & Life Guard Training

Election Day Field Trip (Gr. K-5)

When: November 8th, 2016

Day: Tuesday

Time: 8:15AM - 4:00PM

Depart: Government Center Lobby

Fee: \$36.00 per child/ includes ticket & Transportation

Staff: Full Time & Seasonal Staff Chaperones

Description: No school so come join us and enjoy this all day trip. With 150 hands-on exhibits, a state-of-the-art 3D digital theater, four educational labs, plus daily programs and events, the Connecticut Science Center offers endless exploration for children, teens, and adults. From physics to forensics, geology to astronomy, visitors have the sciences at their fingertips.

Space Explorers Vacation Camp (Ages 5-12)

Where: Westover School

When: December 27th - December 30th

Day: Tuesday - Friday

Time: 9:00AM - 3:00PM

Instructor: CT Computer Education Staff

Fee: \$175.00 per child

Description: This class teaches building techniques and how to design vehicles and structures with the outer space theme. This class includes gears, pulleys, cones and motors. Children will use the Lego® Building System to create rockets, space vehicles, spaceships and more. If you have a tablet they're welcome. Please bring a lunch and a snack and wear sneakers. **What a great way to spend the holiday break!**

Lifeguard Training & Certification Class

Where: West Hill Pool

When: December 27th - December 30th

Day: Tuesday - Friday

Time: 9:00AM - 5:00PM

Fee: \$400.00 per student and you must attend all dates
To be certified.

Description: Interested in becoming a Lifeguard? Are you whistle worthy? Register for a Lifeguard Certification class. This class will enable you to be a American Red Cross Certified Guard. Waterfront Certification included. Class takes place at Westhill High School Pool. **Registrants must be 16 or older by the completion of class dates.**

Junior Lifeguard Program (Ages 9-15)

Where: Westhill Pool

When: September 26th - December 30th

Time: 6:30PM - 8:30PM

Fee: \$300.00 per student

Staff: Full Time & Seasonal Staff Chaperones

Description: Not old enough to become a Lifeguard but would love to get some early training in? Register for the Stamford Recreation Junior Guard Program. Learn the basics of Lifeguarding, first aid, and supervision. Participants will get on-deck experience during swim lessons and open swim times

No class on 10/3, 10/4, 10/10, 10/12, 10/19, 11/24 And 11/25, 2016!