

SWIMMING LESSONS

Group & private swimming lessons | Open to Members & Non-Members

VENT Fitness Latham is offering group swimming lessons for all levels including toddlers, kids & adults (6 months+).

Everyone deserves to learn basic water safety skills the right way, and have a fantastic experience that teaches them to love the water! We teach small group lessons (max of 6 in preschool 1-Level 2, and max of 8 in Level 3 - Adult), using a progressive curriculum with an emphasis on **water safety and FUN**. Private lesson available upon request.

SPACE IS LIMITED! Register at VENT Latham
\$75 members • \$100 non-members

includes 6 lessons

QUESTIONS? Email awilcox2@ventfitness.com

Session Registration Opens Session Dates

Session A 5/23/22 6/20 - 6/30
 3x/Week for Two Weeks

Session 6: 5/23/22 7/6 - 8/27
 1x/Week for Six Weeks (No Lessons 7/24 - 8/7)

Session B 5/23/22 7/11 - 7/21
 3x/Week for Two Weeks

Session C 5/23/22 8/8 - 8/18
 3x/Week for Two Weeks

Session D 5/23/22 8/22 - 9/1
 3x/Week for Two Weeks

SESSIONS

If 3 or fewer participants are registered for a time slot, class will be canceled.

Session A

Mon/Tues/Thurs
June 20 - June 30

Preschool 1:
 4 - 4:30 p.m.

Preschool 2:
 5:25 - 5:55 p.m.

Level 2:
 4:35 - 5:20 p.m.

Session B

Mon/Tues/Thurs
July 11 - July 21

Preschool 1:
 5:25 - 5:55 p.m.

Preschool 2:
 4:50 - 5:20 p.m.

Level 1:
 4 - 4:45 p.m.

SESSION 6

SESSION SIX SCHEDULE
beginning 7/6/22

Preschool 1:
 Saturdays 9 - 9:30 a.m.;
 9:50 - 10:20 a.m.

Preschool 2:
 Saturdays 10:25 - 10:55 a.m.
 11:15 - 11:45 a.m.

Level 1:
 Wednesdays 4:00 - 4:45 p.m.
 Sat 9:35 - 10:20; 10:25 - 11:10

Level 2:
 Wednesdays 4:55- 5:40 p.m.
 Sat 9 - 9:45 a.m.; 10:45 - 11:30

Level 3:
 Wednesdays 5:45 - 6:30 p.m.
 Saturdays 9:55 - 10:40 a.m.

Level 4:
 Wednesdays 6:35 - 7:20 p.m.
 Saturdays 9 - 9:45 a.m.

Parent & Child
 Saturdays 11 - 11:30 a.m.

Adults
 Thursday 7:15 - 8:00 p.m.

REGISTRATION BEGINS 5/23

Session C

Mon/Tues/Thurs
Aug 8 - 18

Preschool 1:
 4 - 4:30 p.m.

Preschool 2:
 5:25 - 5:55 p.m.

Level 1:
 4 - 4:45 p.m.

Session D

Mon/Tues/Thurs
Aug 22 - Sept 1

Preschool 1:
 5:25 - 5:55 p.m.

Preschool 2:
 4:50 - 5:20 p.m.

Level 1:
 4 - 4:45 p.m.



VENT FITNESS LATHAM
 195 TROY SCHENECTADY ROAD
 518-786-1500
ventfitness.com/swimming-lessons/



Parent & Child Aquatics (6 months to 36 months) Orients young children to the water and prepares them to learn to swim in the Preschool Aquatics or Learn-to-Swim courses. Parent or guardian is required to accompany each child in the water and participate in the class. Parents are taught to safely work with their child in the water and how to encourage their child to participate fully and try the skills. Children are introduced to basic skills to help them learn to swim in the future.

Preschool 1: (3-5 years) Orients children to the aquatic environment and teaches them basic aquatic skills. Children will start with elementary aquatic skills, and build more as they progress through the Preschool levels. Skills include blowing bubbles, submerging mouth, nose and eyes, opening eyes underwater, and retrieving objects. Front and back floats with assistance.

Preschool 2: (3 - 5 years) Children will build upon the skills learned in Preschool 1 to gain more comfort and independence. Children learn to float on their backs without support. Other skills include opening eyes underwater, retrieving submerged objects, and alternating arm and leg actions on front and back. Most skills in this level are performed independently.

Level 1: Introduction to Water Skills (5 years+) Students will learn how to feel comfortable in the water and safely enjoy it. Skills include entering and exiting the water safely, learning to submerge mouth, nose and eyes, breath control, front and back float and recovering to a stand, changing direction in the water, swimming 5 feet on front and back.

Level 2: Fundamentals of Aquatic Skills (5 years+) Children will learn basic swimming skills including entering water by stepping or jumping in from the side, submerging entire head, blowing bubbles, opening eyes underwater, front and back glide, swim 15 feet on front and 10 feet on back, swim on side, and life jacket use.

Level 3: Stroke Development (5 years+) Additional guided practice will help students improve their skills learned in Level 2. Skills include jumping into deep water, head first entry from sitting or kneeling, submerging and retrieving an object, bobbing, survival float for 30 seconds, treading water for 30 seconds, front crawl 15 yards, butterfly 15 feet, back crawl 15 yards, elementary rescues, safe diving, and check-call-care.

Level 4: Stroke Improvement Kids will gain confidence in the strokes learned thus far and improve other aquatic skills by increasing endurance through swimming greater distances. Skills include diving, underwater swimming, feet-first surface dive, 1 minute of survival floating, treading and back floating, 25 yards of front crawl, breaststroke and back crawl, 15 yards of butterfly and elementary backstroke and sidestroke, compact jump from height in a lifejacket, throwing assists, and caring for conscious choking victim.

Adult Learn to Swim Instructors follow a plan utilizing the knowledge and experience of the group members to instruct and refine swimming and water safety skills in a manner that best suits each individual. In Adult Learn to Swim, you learn safety skills that may help you survive in an emergency, gain confidence in the water, stroke development, and eventually stroke refinement.