

# SWIMMING LESSONS

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

VENT Fitness Guilderland offers 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.

SESSIONS

Session	Registration Opens	Session Dates	Evaluation
Summer A	6/3/24	7/13 - 8/17	6/12 6:00 pm

**PLEASE NOTE:** Questions about what level your child is? Please contact [dlaflamme@ventfitness.com](mailto:dlaflamme@ventfitness.com)

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

Summer A

7/13 - 8/17

**Preschool 1:**  
Sa 10:15 - 10:45 am

**Preschool 2:**  
Sa 11:15 - 11:45 am

**Parent & Child:**  
Sa 10:45 - 11:15 am

**Level 1:**  
Sa 10:00 - 10:45 am

**Level 2:**  
Sa 11:30 - 12:15 pm

**Level 3:**  
Sa 10:30 - 11:15 am

## What is a Swim Evaluation?

A quick splash in the pool with one of our qualified swim instructors to gauge your swimmer's comfort and skill level.

**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.

SPACE IS LIMITED! \$96 members • \$138 non-members

*includes 6 lessons per session* **QUESTIONS?** Email [dlaflamme@ventfitness.com](mailto:dlaflamme@ventfitness.com)

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[ventfitness.com/swimming-lessons/](http://ventfitness.com/swimming-lessons/)

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FITNESS**

**SUMMER 2024**