

# Recreation Division Swim Class Descriptions

## **Parent/Tot**

This class is designed for parents with children age 1 - 3. The class is designed to teach the babies enjoyment of the water, development of basic water awareness, socialization to groups, and teach the parents basic water safety skills. An adult must accompany the child in the water. Rubber or plastic pants are required.

## **Pre-school**

Pre-school classes are designed to make the pre-school child feel more comfortable in the water. The parent is required to be in the water with the child. This is a fun-filled, splash around, water class for children 3-5 years of age.

## **Level 1 - Water Exploration**

A class designed to help the student feel comfortable in the water. Students will work on breath-holding, front/back floating, entering the water independently, introduction to flutter kicking, and front crawl arms.

## **Level 2 - Primary Skills**

A class designed to give students fundamental stroke and self-propulsion skills. The students will learn unsupported front/back glide, front crawl coordination with breathing, begin back crawl arm action, and an orientation to deep water.

## **Level 3 - Stroke Readiness**

This class will build upon the skills learned in Level II. The student will learn to coordinate front and back crawl, introduced to elementary backstroke, treading, retrieving objects and diving.

## **Level 4 - Stroke Development**

The student will learn to develop confidence and endurance in the front crawl, back crawl, elementary backstroke, and existing skills. Skills learned will include standing dive, deep water skills, breaststroke introduction, sidestroke, and treading water (scissor kick, rotary kick).

## GCCC Dry Sauna and Spa Schedule

(7 person capacity)

Minimum age is 18 for both Sauna & Spa.

### Open Drop-In Use

Monday - Thursday

5:30 am - 9:00 pm

Friday

5:30 am - 7:30 pm

Saturday

10:00 am - 5:30 pm

Sunday

9:00 am - 5:30 pm

## GCCC Hydro-Therapy Pool Schedule

(40 person capacity) Minimum age is 18 yrs. for the Therapy Pool unless part of structured class or for purpose of therapy rehab.

### Open Drop-In Use for Therapy

Monday - Friday

7:00 am - 9:00 am

11:30 am - 2:00 pm

4:00 pm - 6:00 pm

Saturday

10:00 am - 12:00 pm

Sunday

9:00 am - 12:00 pm

**All pools, sauna and shower areas will close during lightning storms.**

**\* The 50-meter shallow end will close every Wednesday for Kayak sessions from 7:30pm to 9:00pm.**

**The Lap Pool will be closed every Tuesday & Thursday from 2:30pm to 3:00pm.**

**Schedules subject to change due to special events, pool maintenance, or unforeseen circumstances.**

## GCCC - Swim Classes

### PLEASE NOTE:

Registration deadline for all aquatics classes is the Thursday before the class is scheduled to begin.

Parents need to remain in the bleacher area for all classes except for Parent/Tot.

A missed class or classes cancelled by weather or holidays will not be rescheduled. MINIMUM AGE OF 5 YEARS FOR ALL LEVELS. All participants will be tested for proper skills.

Classes may be cancelled the second class of each session, if there are less than two participants enrolled per class. Classes cancelled by the Recreation Division will be refunded in full.

### Parent/Tot

Fee \$60

Limit 8 students per class. 50 minutes per class

**Session I:** (Jan. 3 - Jan. 26)  
T & TH

Tuesday & Thursday classes  
10:00 am - 10:50 am

Therapy Pool

**Session II:** (Feb. 6 - Feb. 29)  
M & W

Monday & Wednesday classes  
10:00 am - 10:50 am

Therapy Pool

**Session III:** (Mar. 12 - Apr. 4)  
M & W

Monday & Wednesday classes  
10:00 am - 10:50 am

Therapy Pool

## Pre-School

Fee \$60

Limit 6 students per class. 50 minutes per class

<b>Session I:</b> (Jan. 3 - Jan. 26)	T & TH	Tuesday & Thursday classes	
	T & TH	9:00 am - 9:50 am	Leisure Pool
	T & TH	5:00 pm - 5:50 pm	Leisure Pool
<b>Session II:</b> (Feb. 6 - Feb. 29)	M & W	Monday & Wednesday classes	
	M & W	9:00 am - 9:50 am	Leisure Pool
	M & W	5:00 pm - 5:50 pm	Leisure Pool
(Feb. 7 - Mar. 1)	T & TH	Tuesday & Thursday classes	
	T & TH	9:00 am - 9:50 am	Leisure Pool
	T & TH	5:00 pm - 5:50 pm	Leisure Pool
<b>Session III:</b> (Mar. 12 - Apr. 4)	M & W	Monday & Wednesday classes	
	M & W	9:00 am - 9:50 am	Leisure Pool
	M & W	5:00 pm - 5:50 pm	Leisure Pool
(Mar. 13 - Apr. 5)	T & TH	Tuesday & Thursday classes	
	T & TH	9:00 am - 9:50 am	Leisure Pool

## Level I Water Exploration

Fee \$60

Limit 6 students per class. (50 minute lessons)

<b>Session I:</b> (Jan. 3 - Jan. 26)	T & TH	Tuesday & Thursday classes	
	T & TH	5:00 pm - 5:50 pm	Leisure Pool
<b>Session II:</b> (Feb. 6 - Feb. 29)	M & W	Monday & Wednesday classes	
	M & W	5:00 pm - 5:50 pm	Leisure Pool
<b>Session III:</b> (Mar. 12 - April 4)	M & W	Monday & Wednesday classes	
	M & W	6:00 pm - 6:50 pm	Leisure Pool
(Mar. 13 - April 5)	T & TH	Tuesday & Thursday classes	
	T & TH	5:00 pm - 5:50 pm	Leisure Pool

## Level II Primary Skills

Fee \$60

Limit 6 students per class. 50 minutes per class

<b>Session I:</b> (Jan. 3 - Jan. 26)	T & TH	Tuesday & Thursday classes	
	T & TH	6:00 pm - 6:50 pm	Leisure Pool
<b>Session II:</b> (Feb. 6 - Feb. 29)	M & W	Monday & Wednesday classes	
	M & W	6:00 pm - 6:50 pm	Leisure Pool
(Feb. 7 - Mar. 1)	T & TH	Tuesday & Thursday classes	
	T & TH	5:00 pm - 5:50 pm	Leisure Pool
<b>Session III:</b> (Mar. 13 - Apr. 5)	T & TH	Tuesday & Thursday classes	
	T & TH	6:00 pm - 6:50 pm	Leisure Pool

### Level III Stroke Readiness

Fee \$60

Limit 6 students per class. 50 minutes per class

<b>Session I:</b>	(Jan. 3 - Jan. 26) T & TH	Tuesday & Thursday classes 6:00 pm - 6:50 pm	Lap/Leisure Pool
<b>Session II:</b>	(Feb. 6 - Feb. 29) M & W	Monday & Wednesday classes 6:00 pm - 6:50 pm	Lap/Leisure Pool
	(Feb. 7 - Mar. 1) T & TH	Tuesday & Thursday classes 6:00 pm - 6:50 pm	Lap/Leisure Pool

### Level IV Stroke Development

Fee \$60

Limit 8 students per class. 50 minutes per class

<b>Session II:</b>	(Feb. 7 - Mar. 1) T & TH	Tuesday & Thursday classes 6:00 pm - 6:50 pm	Lap Pool
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### Drop-In Programs

#### Kayaking

Special Drop-In Fee \$10

On Wednesdays, the shallow end of the 50-meter pool will close for kayaking, no instruction is provided. All participants must sign a "Release and Hold Harmless" agreement before participating.

W	Drop-In	7:30pm - 8:45pm	50 meter shallow
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