**RESIDENT FEE:** Individuals residing in the Slippery Rock School District.

**NON-RESIDENT FEE:** Those individuals residing outside the Slippery Rock School District.

**General Information**
- All classes will now be held at the ARC (Aebersold Recreation Center).
- SRU waiver must be completed at Park office prior to first class.
- Parking passes required for all classes held before 5:00PM.
- Pre-registration only. No registrations taken over the phone or without payment. (unless with credit card)
- All fees are non-refundable unless class is cancelled.
- No credit or make-up is given if you miss a class.
- Park reserves the right to set minimum and maximum class size.
- Class registration and waiver MUST be submitted one week prior to the start of the class.

**ARC RULES:**
- Parents MUST be with their child/children at all times.
- Children are ONLY allowed in the locker room/pool area.
- Children ARE NOT permitted to wander in any part of this facility.
- Locker room access 15 min. before class.
- Children ARE NOT permitted in water before or after swim lessons unless the family has an ARC membership.
- Shoes and shirt required.

*Cooperatively Sponsored by:*
Slippery Rock Borough
Slippery Rock School District
Slippery Rock Township
**CLASS DESCRIPTION**

**Water Babies-(Parent & Child)**
6 mos.-3 yrs.—Designed to encourage water exploration. Parents will learn a variety of support and holding techniques to help child enjoy the water. Children will practice supported swim skills, breath control and water exploration through songs and games.

**Pre-Begin** (3-5 or older)
Children who cannot submerge and cannot swim 10 ft. independently. Designed for children with little or no water experience. Skills included are blowing bubbles, retrieving submerged objects, assisted front & back float, front & back glides, front & back alternating arm and leg action, symmetrical back arm and leg action, changing direction, jumping into the water, calling for help and personal safety.

**Begin** (5 & older)
Children who can already submerge and can swim 10 ft. independently or who passed Pre-Begin or instructor approval. Building on Pre-Begin, children at this level will continue with those skills in order to develop them into front crawl, back crawl, and elementary backstroke. Also included: independent floating and glides, bobbing, rhythmic breathing and turning over. Personal safety and simple reaching assists will be introduced.

**Advanced Begin**
Passed Begin or instructor approval. Enter deep water by jumping in, submerge and retrieve an object in chest deep water, deep water floating on front and back, diving from a seated or kneeling position, tread water, front and back glide using two different kicks, front crawl with rotary breathing, back crawl, backstroke, and perform help and huddle position.

**Intermediate**
Passed Advanced Begin or instructor approval. Emphasis at this level includes building strength and endurance while perfecting known strokes. Also included: treading water, surface dives, scissor and dolphin kicks and headfirst entry into deep water. Personal safety includes diving safety, throwing assists and self-rescue.

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**WEDNESDAY NIGHT CHILDREN’S CLASSES**

**Session I**

**January 24-March 21**

<table>
<thead>
<tr>
<th>Class</th>
<th>Time</th>
</tr>
</thead>
<tbody>
<tr>
<td>WCS 1</td>
<td>Pre-Begin</td>
</tr>
<tr>
<td>WCS 2</td>
<td>Begin</td>
</tr>
<tr>
<td>WCS 3</td>
<td>Advanced Begin</td>
</tr>
<tr>
<td>WCS 4</td>
<td>Intermediate</td>
</tr>
<tr>
<td>WCS 5</td>
<td>Water Babies</td>
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</table>

**Session II**

**March 28-May 16**

<table>
<thead>
<tr>
<th>Class</th>
<th>Time</th>
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<tbody>
<tr>
<td>WCS 6</td>
<td>Pre-Begin</td>
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<tr>
<td>WCS 7</td>
<td>Begin</td>
</tr>
<tr>
<td>WCS 8</td>
<td>Advanced Begin</td>
</tr>
<tr>
<td>WCS 9</td>
<td>Intermediate</td>
</tr>
<tr>
<td>WCS 10</td>
<td>Water Babies</td>
</tr>
</tbody>
</table>

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**FRIDAY NIGHT Session I**

**Resident Fee: $45.00**

**Non-Resident Fee: $54.00**

**March 29-May 18**

<table>
<thead>
<tr>
<th>Class</th>
<th>Time</th>
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</thead>
<tbody>
<tr>
<td>WCS 15</td>
<td>Pre-Begin</td>
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<tr>
<td>WCS 16</td>
<td>Begin</td>
</tr>
<tr>
<td>WCS 17</td>
<td>Advanced Begin</td>
</tr>
<tr>
<td>WCS 18</td>
<td>Intermediate</td>
</tr>
</tbody>
</table>

No class March 30th will be held Thursday 3/29

**PRIVATE LESSONS**

Swim lessons for all ages, skill levels and for anyone requiring special accommodations. Individual instruction.

Park WILL NOT make-up any missed classes

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**LEARN TO SWIM**

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**SRU Waiver MUST be signed and submitted to the PARK office 1 week prior to first class. Waiver can be obtained at the Park office, website, emailed or faxed (724)794-8181**