



Group Swim Lesson Schedule

Registration Week: October 14-22

Resident Registration:

Begins Wed., October 14th, 2009 @ 7:00pm

Non-Resident Registration:

Begins Sun., October 18th, 2009 @ 7:00am

ALL Registration Closes:

Thurs., October 22nd, 2009 @ 8:00pm



Classes Start: Classes End:
Tues., Oct.27th, 2009 Sat., Nov. 21st, 2009

CLASSES WILL RUN MONDAY THROUGH SATURDAY

Fees: All Classes

Resident - \$55

Non-Resident - \$80

8 Classes, 30 min.



Registration Information:

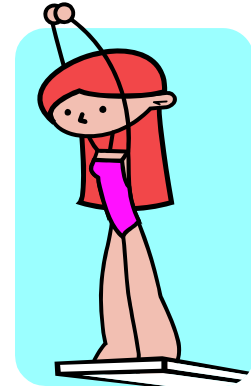
- Group lessons are limited to 5 students for levels 1-3; levels 4 and 5 are limited to 6. The parent/child classes are limited to 16 students.
- Registration is on "first come, first served" basis.
- Group swim lessons are limited to one class per student.
- Students may be wait-listed on one class only.
- Enrollment is based on available space per class.
- Once enrolled, changes can only be made by the instructor to ensure the student is in the right class. We will try to accommodate all students as class sizes permit.
- New classes may be created following registration depending on demand, instructor availability and pool capacity.

Next Registration:

Resident Registration:
Wed, Jan. 6, 2010 @ 7pm

Non-Resident Registration:
Sun., Jan. 10, 2010 @ 7am

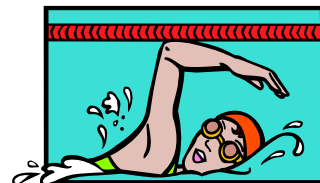
ALL Registration Ends:
Wed., Jan. 13, 2010 @ 8pm



General Class Guidelines and Policies

- **Class Level:** If your child is not placed in the correct level we will try to accommodate changes for the correct level. This may not always be possible, please ensure correct class placement by speaking to an instructor.
- **Withdrawal from Class:** After registering, those who wish to withdraw from a class must do so before the first day of class. Any cancellations will result in a 25% *processing fee*. No refunds are given once classes begin.
- **Class Absences:** If a swimmer misses a class, there are no make up swim lessons. If the Pavilion cancels a class, a make up will be scheduled for the entire group. Credits will not be given for make-up classes that are missed by the swimmer.
- **Substitutes:** Sometimes substitute teachers are necessary. We apologize for any inconvenience or disruption that this may cause. If you have any specific concerns regarding our teachers, please feel free to contact the Aquatics Director.
- **Inclement Weather:** During bad weather, we will call you if your classes are cancelled. We DO NOT follow Loudoun County School cancellations.
- **Locker Rooms:** Please comply with the locker room policies. Keep close watch of your children while they are changing and getting ready for lessons. Please note that male children 5 years and older are not permitted in the Women's locker room, and female children 5 years and older are not permitted in the Men's locker room.
- **Swim Checklist:** Remember to bring a towel and make sure that children who are not toilet trained are wearing swimmers or tight rubber pants. No pampers or cloth diapers are permitted in the pool. Be sure to take children to the bathroom prior to class. Goggles are permitted during classes, however, we ask that if your child uses them that they are set and ready BEFORE entering the pool area.
- **Observation:** We encourage parents to observe classes; parents are to stay outside of the pool area behind the glass. This will allow students to focus on the instructor and will help them develop self-confidence.

Thank you for your support and cooperation. If you have any comments, questions or concerns, please feel free to contact Marti Schenck, Aquatics Director, at (703) 729-0581, ext. 116 or martischenck@ashburnvillage.org.



20585 Ashburn Village Boulevard Ashburn, Virginia 20147
www.ashburnsportspavilion.org • (703) 729 - 0581, ext. 116

Level 1 - Water Exploration



Ages 3 - 5: This beginner swim class teaches elementary aquatic skills.

The class introduces water comfort and safety skills.

Prerequisite: Function well in group settings.

DAYS	Instructor	TIME	FORMAT
Mon./Wed.	Gabe	10:30am-11:00am	8 Lessons, 30 min. Classes
Tues./Thurs.	Gabe	10:00am-10:30am	8 Lessons, 30 min. Classes
Mon./Wed.	Gabe	12:30pm-1:00pm	8 Lessons, 30 min. Classes
Tues./Thurs.	Gabe	12:30pm-1:00pm	8 Lessons, 30 min. Classes
Tues./Thurs.	Shelly	5:30pm-6:00pm	8 Lessons, 30 min. Classes

Level 2A - Fundamental Aquatic Skills

Ages 3 - 5: This class teaches basic locomotion and safety skills in the water. Swimmers are introduced to coordinated movement, floating, gliding, and kicking on the front and back.

Prerequisite: Swimmers need to fully submerge face for three seconds, and float on front and back with support. Or, have passed Level 1.

DAYS	Instructor	TIME	FORMAT
Mon./Wed.	Gabe	11:00am-11:30am	8 Lessons, 30 min. Classes
Tues./Thurs.	Gabe	10:30am-11:00am	8 Lessons, 30 min. Classes
Mon./Wed.	Gabe	1:00pm-1:30pm	8 Lessons, 30 min. Classes
Tues./Thurs.	Gabe	1:00pm-1:30pm	8 Lessons, 30 min. Classes

Level 2B - Stroke Introduction

Ages 3 - 5: The class continues to develop coordination, and more advanced breathing techniques are introduced.

Prerequisite: Swimmer must have completed level 2A.

DAYS	Instructor	TIME	FORMAT
Mon./Wed.	Gabe	11:30am-12:00noon	8 Lessons, 30 min. Classes
Tues./Thurs.	Gabe	11:00am-11:30am	8 Lessons, 30 min. Classes
Mon./Wed.	Gabe	1:30pm-2:00pm	8 Lessons, 30 min. Classes
Tues./Thurs.	Gabe	1:30pm-2:00pm	8 Lessons, 30 min. Classes
Tues./Thurs.	Shelly	6:00pm-6:30pm	8 Lessons, 30 min. Classes

Level 3 - Stroke Development

Ages 3 and up: This group class teaches participants to use alternate arm action to swim 5 yards on front and back. This class also teaches rhythmic breathing.

Prerequisite: Swimmers must have completed level 2B.



DAYS	Instructor	TIME	FORMAT
Mon./Wed.	Gabe	12:30pm-1:00pm	8 Lessons, 30 min. Classes
Tues./Thurs.	Ginger	4:00pm-4:30pm	8 Lessons, 30 min. Classes
Mon./Wed.	April	1:00pm-1:30pm	8 Lessons, 30 min. Classes
Tues./Thurs.	Shelly	6:30pm-7:00pm	8 Lessons, 30 min. Classes

Level 4A - Stroke & Turn

Ages 5 & up: This group class focuses on front and back crawl stroke development by refining technique and building endurance by swimming longer distances. This class begins instruction on starts and turns for both the front and back crawl.

Prerequisite: Participants need to be able to swim both the front and back crawl, or have passed level 3.

DAYS	Instructor	TIME	FORMAT
Mon./Wed.	April	2:00pm-2:30pm	8 Lessons, 30 min. Classes
Tues./Thurs.	Ginger	4:30pm-5:00pm	8 Lessons, 30 min. Classes

Level 4B - Stroke Refining

Ages 5 & up: Level 4B introduces breaststroke to the participants. The group will work on endurance by swimming longer distances while maintain stroke refinement. This class begins instruction on starts and turns for both strokes.

Prerequisite: Participants need to have passed level 3.

DAYS	Instructor	TIME	FORMAT
Mon./Wed.	April	2:00pm-2:30pm	8 Lessons, 30 min. Classes
Tues./Thurs.	Ginger	5:00pm-5:30pm	8 Lessons, 30 min. Classes

Level 5 - Stroke Masters

Ages 5 & up: Level 5 combines the skills learned in level 4A and 4B. This class teaches stroke improvement and is a good pre-swim team class. Participants work on endurance and skills.

Prerequisite: Participants need to have passed level 4A and 4B.

DAYS	Instructor	TIME	FORMAT
Tues./Thurs.	Kathleen	5:30pm-6:00pm	8 Lessons, 30 min. Classes
Tues./Thurs.	Kathleen	6:00pm-6:30pm	8 Lessons, 30 min. Classes
Tues./Thurs.	Kathleen	6:30-7:00pm	8 Lessons, 30 min. Classes