

# Municipal Pool

## Learn to Swim Program 2009

Swim Lesson Dates -- Pre-Registration is required

Session 1: June 8 through July 2 – registration deadline - 11:30 am, June 6

Session 2: July 13 through July 23 - registration deadline - 4:00 pm, July 10

Session 3: July 27 through August 6 - registration deadline - 4:00 pm, July 24

Sundays: June 14 through August 9 – registration deadline - 4:00 pm, June 13 (no class on July 5)

**All lessons \$25 for residents and \$35 for non-residents**

### Swim lesson registration begins:

**Willoughby Residents** - Monday, March 30

**Non-Residents** - Friday, May 15

**Extended Office Hours:** The Parks & Recreation Department will be open from 7:30 am - 6:00 pm Monday through Thursday, May 11 - June 11. And on the following Saturday mornings from 9:00-11:30 am, May 16 & 30; June 6 & 13.

You may only register for one session of swim lessons at a time. If you register for Session 1, you may not register for Session 2 or 3 until **Monday, July 6**. If registering for Session 2 or 3 only, you may register on the advertised starting date.

There are no make-up lessons for missed classes or inclement weather for the Learn-to-Swim program. Our facility will be staffed during all swim lesson sessions and classes will be held except when there is lightning or thunder in the area.

## Brief Description of Lessons

***Parent and Child Aquatics (6 months-3 years olds)*** - Designed to orient young children to the water and prepare them to learn to swim in the American Red Cross Preschool Aquatic courses. This program gives parents safety information and teaches techniques to help orient their children to the water. It also provides direction regarding how to supervise water activities in a responsible manner. ***Adult must accompany child in water for all ages in this class.***

***Preschool Aquatics (Ages 4-5)*** - Designed to teach fundamental water safety and aquatic skills to children ages 4-5. Participants learn basic skills and different strokes and then refine them as they progress. Students will learn: being comfortable in the water, fundamental skills such as floating and basic locomotion and improves coordination of simultaneous arm and leg actions and alternating arm and leg actions.

***Learn to Swim (Ages 6+)*** - Development of swimming and water safety skills in a logical progression.

**Level 1: Introduction to Water Skills**      **Level 4: Stroke Improvement**

**Level 2: Fundamental Aquatic Skills**      **Level 5: Stroke Refinement**

**Level 3: Stroke Development**              **Level 6: Swimming/Skill Proficiency**

Prerequisite for each level is successful demonstration of the skills taught in the preceding level.

[www.redcross.org](http://www.redcross.org)







[www.redcross-cleveland.org](http://www.redcross-cleveland.org)

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## Sunday Swim Lessons (One 8 week session)

**June 14-August 9 (Registration Deadline is June 13 by 4:00 pm)**

You must pre-register for all swim lesson sessions at the Parks & Recreation Department. Registration starts March 30 for Willoughby residents and May 15 for non-Willoughby residents.

	10:00-10:35 am	10:45-11:20 am	11:30 a -12:05 p	5:30-6:05 pm
Parent and Child Aquatics 6 months - 3 years	8045.324	8045.304	8045.384	
Preschool Aquatics Ages 4 - 5	8045.344	8045.364	8045.334	
Level 1	8005.344	8005.364		8005.394
Level 2	8010.344	8010.364	8010.384	8010.394
Level 3	8015.344	8015.364	8015.384	8015.394
Level 4	8020.344	8020.364	8020.384	
Level 5	8025.344		8025.384	

If the class you are requesting is filled, ask to be placed on a waiting list.  
Additional sections are frequently added.

**Don't lose your pass,  
buy a  
Lanyard for \$2  
available at the Rec. House or pools!**

### FAMILY MOVIE NIGHT

Tuesday, August 4  
7-9 pm @ Osborne Pool

Wednesday, August 5  
8-10 pm @ Euclid Ave Pool  
Baby Pool closed during this time.

### **Poochie Paddle**

Bring your dog for an end of the summer swim.  
The pool is open for dogs only! Pay at the gate.  
\$2 per dog - Monday, August 17  
5:30-6:30 pm for dogs that weigh 50+ lbs. &  
6:45-7:45 pm dogs that weigh less than 50 lbs.

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## Session 1 Swim Lessons

**June 8-July 2 - Registration Deadline is June 6 by 11:30 am**

You must pre-register for all swim lesson sessions at the Parks & Recreation Department. Registration starts March 30 for Willoughby residents and May 15 for non-Willoughby residents.

### Euclid Ave. Pool

*Black Colored class numbers denote Monday/Wednesday classes.  
Blue Colored class numbers denote Tuesday/Thursday classes.*

	9:45-10:20 am	10:30-11:05 am	11:15-11:50 am	12:00 - 12:35 pm	5:30 - 6:05 pm
Parent and Child Aquatics 6 months - 3 years			8045.361 8045.371	8045.381 8045.391	
Preschool Aquatics Ages 4-5	8045.321 8045.331	8045.341 8045.351			
Level 1	No M/W class 8005.331	8005.341 8005.351	8005.361 8005.371	8005.381 No T/TH class	8005.395 8005.397
Level 2	8010.321 8010.331	8010.341 8010.351	8010.361 8010.371	8010.381 8010.391	8010.395 8010.397
Level 3	8015.321 8015.331	8015.341 8015.351	8015.361 8015.371	8015.381 8015.391	8015.395 8015.397
Level 4	8020.321 8020.331	8020.341 8020.351	8020.361 8020.371	8020.381 8020.391	
Level 5	8025.321 No T/TH class	No M/W class 8025.351	8025.361 No T/TH class	No M/W class 8025.391	
Level 6	8030.321 No T/TH class	No M/W class 8030.351	8030.361 No T/TH class	No M/W class 8030.391	

### Wet Sweat Water Fitness for Ages 18+

8995.301 Tuesdays, Thursdays & Fridays

June 9-26, 9:00 - 9:45 am at Euclid Ave. Pool -- Class fee \$35 / Resident Discount \$25

If you want to body tone, increase cardiovascular endurance, lose weight, get back and stay in shape, build strength and flexibility, then this is the class for you. This class may incorporate the use of equipment and music with fun and energetic instructors. This class will be in waist to chest-deep water.

### Senior Watersize

Mondays & Wednesdays, June 8 – August 5, 8:15 - 9:30 am at Euclid Ave. Pool

\$10 for Senior Center Members - Register at Senior Center

Must be a current Senior Center member and purchase a Senior Season Pool Pass to participate.

Non-residents can pay the \$24 resident pool pass rate and will not be issued a pass.

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## Session 2 & 3 Swim Lessons

**Session 2 – Monday through Thursday, July 13-23 (Reg Deadline is July 10 by 4 pm)**  
**Session 3 - Monday through Thursday, July 27-Aug. 6 (Reg Deadline is July 24 by 4 pm)**

You must pre-register for all swim lesson sessions at the Parks & Recreation Department.  
 Registration starts March 30 for Willoughby residents and May 15 for non-Willoughby residents.

### Euclid Ave. Pool

*Magenta Colored class numbers denote Session 2 classes.*  
*Green Colored class numbers denote Session 3 classes.*

	9:45-10:20 am	10:30-11:05 am	11:15-11:50 am	12:00-12:35 pm
Parent and Child Aquatics 6 months - 3 years			8045.362 8045.363	8045.382 8045.383
Preschool Aquatics Ages 4-5	8045.322 8045.323	8045.342 8045.343		
Level 1	8005.322 8005.323	8005.342 8005.343	8005.362 8005.363	8005.382 8005.383
Level 2	8010.322 8010.323	8010.342 8010.343	8010.362 8010.363	8010.382 8010.383
Level 3	8015.322 8015.323	8015.342 8015.343	8015.362 8015.363	8015.382 8015.383
Level 4	8020.322 8020.323	8020.342 8020.343	8020.362 8020.363	8020.382 8020.383
Level 5	8025.322 8025.323	8025.342 8025.343	8025.362 8025.363	
Level 6	8030.322 8030.323	8030.342 8030.343	8030.362 8030.363	

### Kids SCUBA Camp

You will learn how scuba diving can be the adventure of a lifetime. You will complete all the requirements for the classroom and pool training portion of the PADI Open Water Certification Course in a safe & enjoyable way.  
 Ages: 10-14  
 Session 1 July 13-17, 9:00 am-3:00 pm  
 Session 2 Aug. 10-14, 9:00 am-3:00 pm  
 Location: Euclid Ave. Pool  
 Class Fee: \$320/ Resident Discount \$305

### PADI Seal Team

The Seal Team is for young divers who are looking for action-packed fun in a pool by doing scuba AquaMissions. It is a structured program that lets children develop skills, learn about the aquatic environment and have a lot of good clean fun.  
 Ages: 8-11 years old  
 Session 1 July 20-24, 9:00 am-12:00 pm  
 Location: Euclid Ave. Pool  
 Class Fee: \$215 / Resident discount \$200

Call Just Add Water at 942-7575 for registration information or [www.justaddwaterscuba.com](http://www.justaddwaterscuba.com)