



# Group Swim Lessons—Winter 2021

In partnership with SwimSafe Pool Management Co.



## Online Registration Required.

Use your mobile phone, tablet or computer to register at [vrc.coursestorm.com](http://vrc.coursestorm.com).

Scan QR Code to Register



*All classes require a minimum number of participants. If a class minimum is not met by the deadline date, the class is subject to cancellation.*

*We kindly request that you register at least five days prior to the start of class.*

### PLEASE HELP US HAVE A SAFE AND SUCCESSFUL SWIM LESSON SEASON.

#### Before lessons:

- Make sure that a **parent, guardian, or responsible adult will be in the water with each child** (one child per adult) for all classes.

#### Upon arrival:

- **Don't bring visitors.** Classes are limited to the child and (one) participating adult.
- **Wait to enter the pool area** until the previous class has been dismissed.
- Place all **personal belongings in the marked area.**
- **Refrain from using the furniture.**

#### After class:

- Please **exit the pool area immediately** so that we can clean and prepare for the next class.

*All swim lesson participants must follow the VRC policy and wear a protective face covering when entering or exiting the facility and while in the locker room.*

CLASS	DAY	DATE	TIME
Frogs & Tadpoles	Tue	3/16-5/4*	5:05-5:35 pm
	Sat	3/20-5/8*	9:00-9:30 am
	Sat	3/20-5/8*	9:35-10:05 am
Level 1: Flounder	Tue	3/16-5/4*	5:05-5:35 pm
	Sat	3/20-5/8*	9:00-9:30 am
	Sat	3/20-5/8*	9:35-10:05 am
Level 2: Jellyfish	Sat	3/20-5/8*	10:10-10:40 am
Level 3: Octopus	Sat	3/20-5/8*	10:10-10:40 am
Level 4: Clownfish	Tue	3/16-5/4*	5:40-6:10 pm
Level 5: Seahorse	Tue	3/16-5/4*	5:40-6:10 pm

\$40—Resident / VRC Member  
\$50—Non-Resident / Non-Member

*\* No classes March 30th through April 3rd*

**IF YOU ARE EXPERIENCING POTENTIAL SYMPTOMS OF COVID-19 OR ARE LIVING WITH SOMEONE WHO IS CONFIRMED POSITIVE, WE ASK THAT YOU NOT PARTICIPATE IN LESSONS.**

QUESTIONS? CONTACT

[JENNIFER@SWIMSAFEPOOL.COM](mailto:JENNIFER@SWIMSAFEPOOL.COM) OR (513) 755-7075 EXT 17







[VRC.COURSESTORM.COM](http://VRC.COURSESTORM.COM)

[VANDALIAOHIO.ORG/RECREATION/](http://VANDALIAOHIO.ORG/RECREATION/)

*Distribution of this information does not necessarily mean endorsement or support by the Vandalia-Butler School District but is provided as a public service.*



## NOT SURE WHAT LEVEL IS RIGHT FOR YOUR CHILD?

	<p><b>LEVEL 0: FROGS &amp; TADPOLES</b></p> <p>Parent and child will learn to enjoy the water together in this class. Parent (or responsible adult) and child will become acclimated to the water through games and songs while in a group setting. Parent will learn key safety tools to use at a pool or near water.</p> <p><b>ACTIVITIES:</b> Water safety, proper use of flotation devices, water acclimation, movement through water, floating in the water, blowing bubbles, and more.</p>	<p><i>Limited to children 12-36 months old. Parent and child are welcome to participate in this class until the child is 3-years-old and comfortable moving to the Flounder class on their own.</i></p>
	<p><b>LEVEL 1: FLOUNDER</b></p> <p>Child will become acclimated to the water through games and will learn basic safety skills in addition to water submersion and floating with support.</p> <p><b>SKILLS:</b> Independent movement through the water, floating on front and back, recovery from a floating position, nose/mouth bubbles, introduction to bobs, and age-appropriate safety skills.</p>	<p><i>Any children who are at least 3-years-old and have little experience in the water should sign up for this class.</i></p>
	<p><b>LEVEL 2: JELLYFISH</b></p> <p>Child will expand on the skills learned in the Flounder class and learn to be in the water unassisted in both front and back positions while learning to propel themselves through the water using either arms or legs.</p> <p><b>SKILLS:</b> Floating, gliding, streamline body position, recovery, bobs, submersion, propulsive kicking, introduction to propulsive arms, sit dives, and safety skills.</p>	<p><i>A child is ready for this class if they can comfortably perform five unassisted, consecutive bobs, submerging fully.</i></p>
	<p><b>LEVEL 3: OCTOPUS</b></p> <p>Child will learn fundamental freestyle and backstroke skills with emphasis placed on the coordination and timing of the strokes as well as the development of a strong flutter kick.</p> <p><b>SKILLS:</b> Novice freestyle, novice backstroke, elementary backstroke, side glide, treading, kneel dive, and safety skills.</p>	<p><i>Children who can independently perform a front float for 5 seconds (with their face in the water), can independently perform a back float for at least 5 seconds, and who can perform the above requirements can register for this class.</i></p>
	<p><b>LEVEL 4: CLOWNFISH</b></p> <p>Child will work to improve their freestyle and backstroke while learning all 4 competitive strokes. Emphasis will be placed on developing strokes that are swim meet legal.</p> <p><b>SKILLS:</b> Strong freestyle and backstroke, strong kicks (flutter, butterfly, breaststroke), novice breaststroke and butterfly, tread for 1 minute, standing dives, surface dives, flip turns, and safety skills.</p>	<p><i>Children who can swim basic freestyle (with their face in the water) for 15 feet, basic backstroke for 15 feet, and have met the requirements above are ready for this class.</i></p>
	<p><b>LEVEL 5: SEAHORSE</b></p> <p>Child will refine all 4 competitive strokes while gradually increasing strength and endurance in each stroke. The ultimate goal is to swim each of the four competitive strokes legally for the specified distance.</p> <p><b>SKILLS:</b> 50-meter freestyle, 50-meter backstroke, 25-meter butterfly, 25-meter breaststroke, 100-meter continuous swim, tread/swim/tread, eggbeater kick, flip turns, and safety skills.</p>	<p><i>Children who can swim freestyle with rotary breathing for 25 feet, backstroke for 25 feet, and have met the requirements above can register for this class.</i></p>

### HOW TO MAKE THE MOST OUT OF LESSONS

**Arrive on time** and ready for lessons.

ALL children who are **not potty-trained must wear a swim diaper** in the pool.

Wear a **well-fitted swimsuit** that is **appropriate for lessons**.

Children with long hair should use a **hair tie** or wear a swim cap.

**Swim goggles** (not a snorkel or mask) may be used by children in the upper level classes.



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