



2012 Aqua Kids Swim Lessons Program

The Aqua Kids program at the ETMC Olympic Center in Tyler exists to safely introduce children to the water environment and learn swimming techniques. The program also serves as a method for encouraging swimming as a form of fitness to improve muscle coordination and improve aerobic conditioning. Classes are held in our indoor pools and are led by Gay Tyra, BS, a certified water fitness instructor with over 15 years experience teaching children how to swim.

- Class sizes are limited to allow individual attention
- All sessions consists of 6 lessons
- Payments may be made by either: cash, check, credit card or ETMC employee payroll deduction (max of 2 deductions); **payment is required to hold your child's place in the class**
- Parking is free in the parking garage adjacent to the facility
- Call **(903) 596-3150** or stop by the OC Shop on the 2nd floor of the rehab center to register

Program Fees*:

	Splash Babies	All Other Classes
Olympic Center Member/ETMC Employee	\$50.00	\$65.00
Non-member	\$55.00	\$75.00

***No refunds after class begins**

Saturday Sessions

- Session 1 January 7 – February 11
- Session 2 February 25 – March 31
- Session 3 April 14 – May 19
- Session 4 June 2 – July 7
- Session 5 July 21 – August 25
- Session 6 September 8 – October 13
- Session 7 October 27 – December 1

Class	Class 1 Time	Class 2* Time	Class** Minimum	Class Max
Splash Babies	10:00am - 10:30am	2:45pm – 3:15pm	6	10
Aqua Ducks	10:45am - 11:30am	1:45pm - 2:30pm	5	7
Turtles	11:45am - 12:30pm	TBD	6	8
Dolphins	12:45pm - 1:30pm	TBD	6	8
Sharks	5:00pm - 5:45pm	TBD	6	10

Weekday Sessions

Evening Session 1 June 5 - 21 (T and Th)
Evening Session 2 June 26 - July 12 (T and Th)
Evening Session 3 July 17 - August 2 (T and Th)
Evening Session 4 August 7 - 23 (T and Th)
Evening Session 5 September 10 - 26 (M and W)

Class	Time	Class** Minimum	Class Max
Aqua Ducks	6:00pm – 6:45pm	5	7
Turtles	7:00pm – 7:45pm	6	8

* **Class 2 makes only after Class 1 is completely filled.**

** **Class minimums must be met for class to make.**

Class Descriptions

Splash Babies (6 months to 2 ½ yrs) In this program the child is introduced to the water in a safe and pleasant manner. The course is designed to develop a sense of water confidence where the child enjoys and appreciates the water. The use of fun songs and games such as bubble blowing helps promote an enjoyable aquatic atmosphere for both the infants and their parents. Parent or guardian participation is required. This class offers a soothing and positive environment for the children to explore their surroundings and become familiar with the water properties.

Aqua Ducks (3 to 5 yrs) This class is structured to build on previous skills and water experiences. This program continues building confidence by promoting water awareness, and familiarization. The swimmer should now be ready to take part in group lessons without parent support. The child learns about balance, buoyancy, and controlled swimming movements.

Turtles In this class the child begins to develop swimming strokes, survival abilities, and safety awareness. The child also begins to practice more recognized swimming styles and concepts of moving through the water.

Dolphins This course emphasizes further development of stroke skills and endurance. There is continued refinement of safety and survival skills. The child progresses to advanced standards for the basic swimming strokes. The child also learns energy efficient swimming techniques and the ability to survive when in or around the water.

Sharks This course teaches advanced stroke techniques and concepts. All the recognized swimming strokes are refined. The child is taught appreciation of swimming efficiency and fluid movements. Streamlining and proficient body mechanics are emphasized. This class may be used as a springboard for competitive swimming.