

WINTER 2024 SWIM LESSONS



Who can take Swim Lessons?

We want everybody to become a strong, confident swimmer - that's why we offer swim lessons for **all skill levels and ages**. You **don't have to be a Member** to take Swim Lessons with us (but Members get discounts)!

When are Swim Lessons offered?

We offer Swim Lessons **year-round** in our climate-controlled Aquatics Center! We have several options available: **Mon/Wed, Tues/Thurs, or Saturdays Only***. Each session has **eight lessons**, and each lesson is **thirty minutes long**.

What's a swim evaluation? Do I need one?

Our certified **Water Safety Instructors (WSIs)** conduct Swim Evaluations to ensure you/your child is placed **in the correct level**. If this is your **first time registering** for Swim Lessons (or it's been several months since your last lesson), come in during our Open Swim hours for a **free evaluation!**

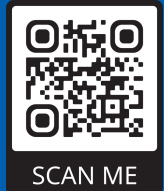
We require a completed Swim Evaluation Card to register for **Levels 3, 4, and 5** - these are more advanced classes!

***Saturday Swim Lessons will last 6 weeks and each lesson will be 40 minutes long**

Sounds great! How do I sign up?

You can sign up for Swim Lessons online! Scan the QR Code or follow this link to access our online portal: <https://qrco.de/daxko-swim>

You can also sign up in person at our Wellness Center -
110 Mountain Lion Road, Harker Heights, TX 76548.



SESSION DATES:

Winter Session 1

Mon/Wed: Jan 8 - Jan 31
Tues/Thurs: Jan 9 - Feb 1
Saturdays: Jan 13 - Feb 17

Winter Session 2

Mon/Wed: Feb 5 - Feb 28
Tues/Thurs: Feb 6 - Feb 29

SESSION COST:

Members: \$40

Non-Members \$75

\$15 transfer fee per child

REGISTRATION DATES:

Winter Session 1

Members: Nov 27
Non-Members: Dec 11

Winter Session 2

Members: Dec 26
Non-Members: Jan 8

LEVEL DESCRIPTIONS

Parent & Child

(6m - 3yrs)

Parents guide their infants as they learn fundamental water safety skills, such as floating, kicking, and swimming underwater.

****Parent is required to be in the water with child.**

Pre-School Levels 1&2

(3-5yrs)

Intro to water safety. Students develop comfort submerging and floating while performing skills. Students focus on body position and control, changing direction and forward movement, with little to no help from the instructor.

****We recommend parent is in the water with child.**

Beginner School Age Levels 1&2

(5-12yrs)

Intro to water safety. Students develop comfort submerging and floating while performing skills. Students focus on body position and control, changing direction, and forward movement, with little to no help from the instructor.

Level 3: Intermediate School Age

(6-12yrs)

Students practice swimming longer distances and in deep water, as well as rhythmic breathing, front crawl, and new stroke kicks.

****Swim Evaluation Card is required in order to register.**

Level 4: Stroke Improvement

(6-12yrs)

Students work on stroke technique in front crawl, back crawl, breaststroke, and butterfly. Open turns are introduced.

****Swim Evaluation Card is required in order to register.**

Level 5: Stroke Refinement

(6-12yrs)

Students refine their stroke technique in front crawl, back crawl, butterfly, and breaststroke. Flip turns are introduced.

****Swim Evaluation Card is required in order to register.**

Beginner Adult

(13+yrs)

Students work on rhythmic breathing, floating, kicking, arm strokes and treading water.

Intermediate Adult

(13+yrs)

Students work on stroke technique in front crawl, back crawl, and breaststroke. Flip turns and butterfly are optional.

Lesson offerings are subject to change based on demand. No refunds available; transfers are available for a fee.

WINTER 2024

SWIM LESSONS



Mon & Wed
30 min each



Tues & Thurs
30 min each



Saturday Only
40 min each

	MON	TUES	WED	THURS	FRI	SAT
8:00a						Parent & Child Beg. School Age Beg./Int. Adult
8:50a						Preschool Age Beg. School Age Level 4 & 5
9:00a		Beg./Int. Adult Level 3		Beg./Int. Adult Level 3		
9:30a						
9:40a		Preschool Age Beg. School Age		Preschool Age Beg. School Age		Parent & Child Beg. School Age Level 3
10:00a						
10:30a		Parent & Child Level 4 & 5		Parent & Child Level 4 & 5		Preschool Age Beg. School Age
11:00a						
11:20a						Preschool Age Beg. School Age
4:00p	Preschool Age Beg. School Age	Preschool Age Beg. School Age	Preschool Age Beg. School Age	Preschool Age Beg. School Age		
4:45p	Preschool Age Beg. School Age Level 3	Preschool Age Beg. School Age Level 3	Preschool Age Beg. School Age Level 3	Preschool Age Beg. School Age Level 3		
5:30p	Parent & Child Beg. School Age Level 4 & 5	Parent & Child Beg. School Age Level 4 & 5	Parent & Child Beg. School Age Level 4 & 5	Parent & Child Beg. School Age Level 4 & 5		
6:15p	Preschool Age Beg. School Age	Preschool Age Beg. School Age	Preschool Age Beg. School Age	Preschool Age Beg. School Age		
7:00p	Beg. School Age Beg./Int. Adult	Beg. School Age Beg./Int. Adult	Beg. School Age Beg./Int. Adult	Beg. School Age Beg./Int. Adult		

Levels 3, 4, & 5 require a Swim Evaluation Card. No refunds available; transfers are available for a fee.