



# Swim Lessons

## Determining Class Placement

Your child **must meet the requirements** of the class for which s/he is registering. Children who do not meet the requirements will be withdrawn from the class and a credit will be issued – not a refund. Registered students may be permitted to move to a different class ***if space is available and there is no waitlist.*** If you are not sure of your child’s skills, please call the Water Park at Bohrer Park at 301-258-6445 (8am-5pm on weekdays) or the Aquatic Center at 301-285-6345 (5:15pm-8:30 on weekdays & 11am-7:30pm on weekends) to set up a time for your child to be evaluated at no cost. Screening only takes a few minutes and clarifies which level is appropriate.

## Incllement weather

Refunds will not be issued for reasons of weather or discomfort due to water or air temperatures. Also, winter weather may cause interruptions to lessons at Gaithersburg Aquatic Center. Therefore, one make-up date has been planned for each class. There will be no refunds or rescheduling of classes if a class exceeds its allotted make-up times. Do not forget to review our incllement weather policy on page 5.

**GAC = Gaithersburg Aquatic Center (2 Teachers Way)**

## Winter swim lessons will begin in January

### SWIM LESSON FEES

**Members: \$50**

**Non- Members: \$55**

### REGISTRATION

Current Aquatic Members

November 28, 2016

Open Registration (Including Non-Members) November 30, 2016

## Registration

Registration occurs on a first-come, first-served basis and begins at 12:01 am on the dates listed above for on-line users. Plan to register early because our classes fill up quickly. Aquatic Member Registration is held prior to Open Registration. Non-Members are invited to register during Open Registration and will pay a slightly higher fee for programs.

## Ways to Register

INTERNET	FAX	POSTAL MAIL	WALK-IN
Use the RecXpress System to register by internet, 24 hours a day, seven days per week beginning the first day of registration. <a href="http://www.gaithersburgmd.gov/recxpress">www.gaithersburgmd.gov/recxpress</a>	Available 24 hours a day! <b>301-258-6449</b> -or- <b>301-948-8364</b>	<b>The Water Park</b> <b>512 S. Frederick Ave.</b> <b>Gaithersburg, MD 20877</b>	The Activity Ctr, Bohrer Park* <b>506 S. Frederick Ave</b>
Payment by Visa, Discover, Mastercard or American Express	Payment by Visa, Discover, Mastercard or American Express	Payment by check (payable to <i>City of Gaithersburg</i> ), Visa, Discover, Mastercard or American Express	Payment by cash, check (payable to <i>City of Gaithersburg</i> ), Visa, Discover Mastercard or American Express.

**\*The Activity Center at Bohrer Park is open 6 am-10 pm weekdays, Sat. 8 am-10 pm., Sun. 8 am-5 pm**

## Prepare for On-Line Registration

Request your family password and ID number today! Go to [www.gaithersburgmd.gov/recxpress](http://www.gaithersburgmd.gov/recxpress) and click on “My Account” tab. Click on “Create a New Account” and complete the form. Your logon ID and password will be sent to you via email within 1-2 business days.

Already a member, but forgot your login ID and password? Go to <https://www.gaithersburgmd.gov/apps/recxpress>, click on the “My Account” Tab, select “Forgot My Password”, enter your email address and the information will be forwarded to your email.

## Waitlist Procedures

Mail, fax, or walk-in registrants will automatically be “waitlisted” if the class is full. Every effort will be made to accommodate anyone who is waitlisted by creating new classes or consolidating current offerings based on demand and available pool space. (If openings become available, you will be notified by phone.) If your registration payment is by credit card and you are “waitlisted,” your account will not be charged. If there is any question about your registration status, please call the Water Park at Bohrer Park during regular business hours (8-5 pm on weekdays) at 301-258-6445 to verify your registration **before** the first day of class.

### Refund Policy

Students withdrawn by Aquatic staff on the first day of lessons due to the wrong level will be issued a full refund or credit to be used at a later date without a written request. All other refund requests must be submitted in writing to the attention of the Aquatics Superintendent. Withdrawal/refund requests received before the start of the program will be refunded less a \$10 processing fee. Requests received on or after start date will be prorated based on the date the request is received and a \$10 processing fee will be charged. The refund will be issued in the form of a check or charge depending on original payment method. Please allow 10-15 business days for processing. No refund or credit requests will be considered if received after the last scheduled date of the course; no exception.

### Other Policies

- The Aquatic Management may consolidate or cancel a class if registration is not sufficient.
- Anyone not toilet trained who wishes to enter the pool must wear a clean swim diaper covered by separate, tight-fitting rubber pants under their swimsuit. If the diaper becomes soiled, this person must leave the pool immediately, and may not return until s/he has taken or been given a soap shower, and has been re-diapered and covered with clean rubber pants. Both swim diapers and rubber pants are offered for sale at the front desk.
- Lesson scheduling may or may not leave time for make-up sessions. Lessons missed on the part of the student will not be made up or compensated. However, lessons cancelled by the Aquatic Management due to weather or other uncontrollable circumstances will be made up at the end of the scheduled session, if at all possible.
- The participant is responsible for insurance in case of injury. Furthermore, although safety precautions will be observed, the City of Gaithersburg, employees, and agents will not be responsible for any personal property lost or for any injury sustained in the program.
- By signing up for a class, the participant gives consent to the City to use any program photographs or video tapes.
- The City of Gaithersburg is committed to making reasonable accommodations as required by the Americans with Disabilities Act. **Requests must be made two weeks prior to the start of the program.** Please call the Aquatic Manager at 301-258-6445 to indicate what accommodations are needed.
- If the participant has a special need, which may limit their ability to function in a group setting, contact the Aquatic Manager at 301-258-6445 **prior to registration** to discuss the options and help determine the most appropriate course of action for their swimming lessons.

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### Notes to Parents:

Group lessons are one of the best ways to teach your child how to swim. The interaction between children is irreplaceable in the learning environment. With this in mind, there are some things you can do to increase the benefits of swim lessons for your child.

#### Being invisible

We require all non-participants to be off the pool deck when lessons are in session. At the Aquatic Center, this means staying in the lobby, hallway, or on the outdoor patio in nice weather. At the Water Park, this means staying in the grassy areas or at the *Boardwalk Fries* snack bar pavilion. This is not to deny you the opportunity to watch your child, but to increase your child's ability to learn. Positive peer pressure and the need to impress the instructor, two powerful teaching tools in swim lessons, are not present when there is a familiar adult, parent or sibling nearby. Please prepare your child for the fact that you will not be with them, especially if your child has strong separation anxiety. In addition, give your child a "potty break" right before class to minimize the need to exit the pool to come find you.

In order for you to view your child's progress and to give them an opportunity to show off all that they have learned, we invite you to observe the final class where students will receive a Report Card itemizing their accomplishments. We want your child to "show off" the news skills learned after six classes of hard work.

#### **Practice! Practice! Practice!**

The most important aspect of the learning process is the reinforcement of the skills learned in class. The best way to do this is to play and practice at the pool. The more time a student spends in the pool learning how their body moves in and reacts to the water, the faster they will pick up the skills taught in class. More advancement is made between classes during a practice session than actually in class where they are learning a skill for the first time. Even if your child just wants to play, it will reinforce that swimming is fun and worth learning. Take them to the pool for a Recreational Swim period to swim/ play with them. To encourage our students to practice their skills, we offer a discounted student rate at the Gaithersburg Aquatic Center (ask the cashier for details).

#### **Talk to the instructor**

After class, the instructors will make every effort to be available during the break to answer questions. Please keep in mind that there is only ten minutes between classes. Therefore, it may be necessary to speak with the Instructor Supervisor who is available during and after the lesson. Please take advantage of these opportunities. Your child's instructor and the Instructor Supervisor can advise you on the skills that need the most practice and the best way to practice those skills. Keeping apprised of your child's progress will help them to get the most out of each lesson.

If you are planning on registering for the next session, please talk to your child's instructor before doing so. Each participant develops motor skills and comfort with the water at their own pace, and the instructors can suggest which class is appropriate for your child to sign up for next. ***In fact, it is common for a child to participate in a particular level several times before successful completion. Every child will receive a Report Card at the end of the class recommending which level to register for next. Please follow this recommendation to provide the best and safest learning environment for your child.***

# Gaithersburg Aquatic Center Swim Lessons Winter 2017



## WATER ADJUSTMENT (BUBBLERS)

**Age: 6 months - 3 years**

**On the first day of class, students must:**

Have one adult participant per child and wear swim diapers and tight-fitting waterproof pants under their suit if not potty-trained.

**Class objectives:** To teach parents how to work with their child in the aquatic environment, as well as lay a foundation down to help children learn to swim in a fun, safe way.

Class	Starts	Days	Time	Location	# Sess
46255	1/7	Sa	9:15am	GAC	6
46254	1/8	Su	9:40am	GAC	6

## PRE-BEGINNER LEVEL I (BOBBERS)

**Age: 3 - 4 years**

**On the first day of class, students must be able to:** Function well in a group setting without their parents since parents DO NOT accompany children.

**Course Objectives:** To orient young children to the aquatic environment by providing them a positive, developmentally appropriate learning experience. Students will gain basic aquatic skills as well as develop comfort in, on and around water.

Class	Starts	Days	Time	Location	# Sess
46165	1/8	Su	10:20am	GAC	6
46166	1/8	Su	12:20am	GAC	6
46153	1/10	Tu	5:20pm	GAC	6



## PRE-BEGINNER LEVEL II (STROKERS)

**Age: 3 - 4 years**

**On the first day of class, students must be able to:**

Enter water independently, blow bubbles, fully submerge their head, open their eyes underwater and retrieve submerged objects, kick on their front and back with support, and exit water independently.

**Course Objectives:** To build onto the basic skills learned in Bobbers by providing the same positive, developmentally appropriate learning experience at a slightly more advanced degree. In this level students will begin to perform swimming skills independently.

Class	Starts	Days	Time	Location	# Sess
46177	1/7	Sa	9:55am	GAC	6
46186	1/8	Su	9:40am	GAC	6
46178	1/8	Su	11:00am	GAC	6
46185	1/12	Th	5:20am	GAC	6

## YOUTH LEVEL I (GUPPIES)

**Age: 5 - 13 years**

**On the first day of class, students must be able to:**

Function well in a group setting without their parents since parents DO NOT accompany children.

**Course Objectives:** To introduce beginning students to basic personal water safety and help develop comfort in the aquatic environment by teaching them elementary swimming skills.

Class	Starts	Days	Time	Location	# Sess
46204	1/7	Sa	9:15am	GAC	6
46205	1/7	Sa	9:55am	GAC	6
46222	1/8	Su	9:40am	GAC	6
46206	1/8	Su	10:20am	GAC	6
46197	1/8	Su	11:40am	GAC	6
46207	1/10	Tu	5:20pm	GAC	6
46208	1/10	Tu	6:40pm	GAC	6
46221	1/12	Th	5:20pm	GAC	6
46198	1/12	Th	6:00pm	GAC	6

**YOUTH LEVEL II (MINNOWS)**

**Age: 5 - 13 years**

**On the first day of class, students must be able to:**

Bob 5 times, float on their front and back and recover independently, perform a front glide for a distance twice their body length.

**Course Objectives:** To improve success in completing elementary water skills, as well as help them develop simultaneous/alternating arm and leg actions, which will create a strong foundation for learning future strokes.

Class	Starts	Days	Time	Location	# Sess
46226	1/7	Sa	9:15am	GAC	6
46227	1/8	Su	9:40am	GAC	6
46229	1/8	Su	11:00am	GAC	6
46228	1/8	Su	11:40am	GAC	6
46230	1/10	Tu	6:40pm	GAC	6
46223	1/12	Th	6:00pm	GAC	6

**YOUTH LEVEL III (SEAHORSES)**

**Age: 5 - 13 years**

**On the first day of class, students must be able to:**

Bob 5 times, float on their front and back and recover independently, perform a front glide for a distance twice their body length, swim front crawl for 5 yards and swim on their backs for 5 yards.

**Course Objectives:** To build on to basic swimming skills by increasing knowledge of the technical aspects of swimming and teach students specific aspects of breath control. Students will learn skills necessary to increase their endurance in swimming front crawl and back crawl.

Class	Starts	Days	Time	Location	# Sess
46243	1/7	Sa	9:55am	GAC	6
46244	1/8	Su	10:20am	GAC	6
46245	1/8	Su	12:20pm	GAC	6
46246	1/10	Tu	6:00pm	GAC	6
46242	1/12	Th	6:40pm	GAC	6

**YOUTH LEVEL IV (DOLPHINS)**

**Age: 6 - 13 years**

**On the first day of class, students must be able to:**

Swim the front crawl with rotary breathing for 15 yards, swim the back crawl for 15 yards and swim elementary backstroke for 15 yards.

**Course Objectives:** To introduce the basics of breaststroke, continue strengthening endurance in swimming front crawl and back crawl and help students master the technical aspects of swimming.

Class	Starts	Days	Time	Location	# Sess
46261	1/7	Sa	9:15am	GAC	6
46262	1/8	Su	10:20am	GAC	6



**Registration Dates**

Members: November 28

Non-Members: November 30

**YOUTH LEVEL V (WHALES)**

**Age: 6 - 13 years**

**On the first day of class, students must be able to:**

Swim the front crawl, back crawl and elementary backstroke for 25 yards each, and swim breaststroke for 15 yards.

**Course Objectives:** To improve breaststroke technique, introduce basic butterfly skills, refine the performance of previously learned strokes, and continue to build endurance to prepare students for the next swim lesson instructional level.

Class	Starts	Days	Time	Location	# Sess
46269	1/8	Su	10:20am	GAC	6



Please see our  
**“Safety Training”** Flyer  
 for information about  
 our Lifeguard Training,  
 CPR, & Re-Certification  
 Courses



**ADULT BEGINNER SWIM LESSONS**

**Age:** Teen and Adult

**Prerequisite skills:** No prior swimming experience is necessary.

**Course objectives:** To develop comfort in the water and learn the basics of swimming. Skills taught include floating, breathing and the fundamentals of swimming strokes.

Class	Starts	Days	Time	Location	# Sess
46144	1/7	Sa	9:55am	GAC	6
46145	1/8	Su	9:40am	GAC	6
46146	1/10	Tu	7:30pm	GAC	6

**GAC = Gaithersburg Aquatic  
 Center**  
**2 Teachers Way**  
 (Next to Gaithersburg Middle School)

**ADULT INTERMEDIATE SWIM LESSONS**

**Age:** Teen and Adult

**Prerequisite skills:** Students are able to swim 15 yards using stroke of choice and rhythmic breathing.

**Course objective:** To help adults reach their personal swimming goals. This course is geared toward adults who can already swim and are looking to expand or perfect their knowledge of the different strokes.

Class	Starts	Days	Time	Location	# Sess
46148	1/12	Th	7:30pm	GAC	6



❄️ Inclement Weather Policy ❄️

The Aquatic Center (GAC) will close and all programs will be cancelled in connection with Montgomery County Public School (MCPS) closings

- ❄️ **MCPS Closes Early → GAC Closed**
- ❄️ **MCPS Weekday Closure → GAC Closed**
- ❄️ **MCPS Weekend Closure → GAC Closed**

If you are unsure of closures, please call 301-258-6445 ext. 205 for a recorded message.

**VISIT US ONLINE AT**  
[www.gaithersburgmd.gov](http://www.gaithersburgmd.gov)

## Guidelines for Placement in Swim Classes

<b>Water Adjustment (Ages 6 mo. – 3 yrs.)</b> – This is a parent-assisted class. Parents will learn holding positions, cues, and basic water safety.	
<b>On the first day of class, students must be able to:</b> Have one adult participant per child and wear swim diapers and tight-fitting rubber pants under the suit if not potty-trained	<b>Class Objectives:</b> Water adjustment and personal safety, basic water skills, and fun!
<b>Pre-Beginner Level I – Bobbers (Ages 3 – 4)</b> – This class is for beginning three and four year olds.	
<b>On the first day of class, students must be able to:</b> Function well in a group setting without parents since parents DO NOT accompany children.	<b>Class Objectives:</b> Water entries, kick and glide on front with assistance, underwater exploration, blowing bubbles and bobbing, changing positions, back float with assistance, arm movement, and basic water safety
<b>Pre-Beginner Level II - Stokers (Ages 3 – 4)</b> – This class is for advanced three and four year olds.	
<b>On the first day of class, students must be able to:</b> Water entries, kick and glide on front with assistance, underwater exploration, blowing bubbles and bobbing, changing positions, back float with assistance, arm movement, and basic water safety. Parents DO NOT accompany children.	<b>Class Objectives:</b> Water entries, underwater exploration with open eyes, kick and glide of front, blowing bubbles and bobbing, changing positions, float and glide on back, arm movements, and basic water safety
<b>Youth Level I - Guppies (Ages 5 – 13)</b> – This is the beginning class for children ages five and older.	
<b>On the first day of class, students must be able to:</b> Function well in a group setting without parents since parents DO NOT accompany children.	<b>Class Objectives:</b> Fully submerge face, bobbing, float and glide on front without support, float and glide on back without support, bubble blowing, water entry and exit, walk in chest deep water, kick on front and back with support, and basic water safety
<b>Youth Level II - Minnows (Ages 5 – 13)</b>	
<b>On the first day of class, students must be able to:</b> Fully submerge face, bobbing, float and glide on front without support, float and glide on back without support, bubble blowing, water entry and exit, walk in chest deep water, kick on front and back with support, and basic water safety	<b>Class Objectives:</b> Fully submerge head and hold for 5 seconds, retrieve object in chest deep water, explore deep water with support, bobbing with rhythmic breathing, entry into chest deep water, kick on front and back without support, combine arm and kick on front and back for 5 yards, basic water safety
<b>Youth Level III - Seahorses (Ages 5 – 13)</b> – This class is for children who are at least 48 inches tall.	
<b>On the first day of class, students must be able to:</b> Fully submerge head and hold for 5 seconds, retrieve object in chest deep water, explore deep water with support, bobbing with rhythmic breathing, entry into chest deep water, kick on front and back without support, combine arm and kick on front and back for 5 yards, basic water safety	<b>Class Objectives:</b> Retrieve object from chest deep water with eyes open, bob to safety, jump into deep water, kneeling or compact dive, glide with push-off on front and back, swim front and back crawl for 10 yards, elementary backstroke kick, reverse directions on front and back, basic water safety
<b>Youth Level IV - Dolphins (Ages 6 – 13)</b>	
<b>On the first day of class, students must be able to:</b> Retrieve object from chest deep water with eyes open, bob to safety, jump into deep water, kneeling or compact dive, glide with push-off on front and back, swim front and back crawl for 10 yards, elementary backstroke kick, reverse directions on front and back, basic water safety	<b>Class Objectives:</b> Deep-water bobbing, experiment with buoyancy and floating, rotary breathing, standing front dive, elementary backstroke for 10 yards, sculling on back, front crawl for one length of pool with breathing to the side, back crawl for one length of pool, breaststroke kick for 10 yards, scissors kick for 10 yards, change of direction at wall, treading water, basic water safety
<b>Youth Level V - Whales (Ages 6 – 13)</b>	
<b>On the first day of class, students must be able to:</b> Deep-water bobbing, experiment with buoyancy and floating, rotary breathing, standing front dive, elementary backstroke for 10 yards, sculling on back, front crawl for one length of pool with breathing to the side, back crawl for one length of pool, breaststroke kick for 10 yards, scissors kick for 10 yards, change of direction at wall, treading water, basic water safety	<b>Class Objectives:</b> Breathing on both sides, standing dive from summerboard, stride jump, long shallow dive, breaststroke for 10 yards, sidestroke for 10 yards, swim underwater for 3 body lengths, elementary backstroke for one length, dolphin kick for 10 yards, front and back crawl for two lengths, open turns, treading water for 2 minutes using different kicks, surface dive, basic water safety
<b>Youth Level VI - Sharks (Ages 6 – 13)</b>	
<b>On the first day of class, students must be able to:</b> Breathing on both sides, standing dive from summerboard, stride jump, long shallow dive, breaststroke for 10 yards, sidestroke for 10 yards, swim underwater for 3 body lengths, elementary backstroke for one length, dolphin kick for 10 yards, front and back crawl for two lengths, open turns, treading water for 2 minutes using different kicks, surface dive, basic water safety	<b>Class Objectives:</b> Preparation for swim team or lifeguarding program, improve stroke for more power, ease, and efficiency, diving board entry, front and back crawl for 4 lengths, breaststroke and sidestroke for 1 length, butterfly for 10 yards, turns for each stroke, surface dives, treading water with and without hands, basic water safety