

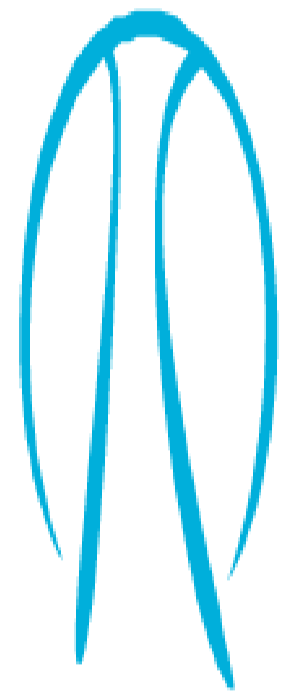
"To Inspire An Active Life"

Aquatics

SPX Swim Academy

Spring Schedule 2019

SportsPlex offers a complete swimming curriculum, from teaching your child how to be safe in the water to refining skills in preparation for Swim Team. Our priority is safety with quality and to facilitate a lifetime of fitness in the water. Class placement is determined by ability through an evaluation with a Certified SportsPlex Swim Instructor.



SPORTSPLEX

Session Dates: 2/19/19-5/6/19		Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
With Parent Ratio 1:6 30 Mins	Water Exploration w/ Parent		10:00-10:30				10:00-10:30	
Foundation Ratio 1:4 30 Mins	Water Exploration	4:30-5:00	4:00-4:30	5:00-5:30	4:00-4:30		10:00-10:30	11:30-12:00
	Primary Skills I	4:00-4:30 5:00-5:30	5:00-5:30	4:00-4:30 5:00-5:30	4:30-5:00		10:30-11:00	11:00-11:30
	Primary Skills II	4:00-4:30	5:00-5:30	4:00-4:30 5:00-5:30	4:00-4:30		11:00-11:30	10:30-11:00
	Primary Skills III	5:00-5:30	4:00-4:30	4:30-5:00 5:00-5:30	4:30-5:00		11:30-12:00	10:00-10:30
Progressive Ratio 1:6 45 Mins	Stroke Deveopment	4:30-5:15	4:15-5:00					
	Stroke Refinement	5:30-6:15		5:30-6:15				

<p>No Classes: April 15-21, 2019 Sessions are ONE TIME per week Payment is required at the time of registration and is non-refundable.</p>	<p>Make-ups must be scheduled in advance and will not exceed our ratio, and will not be offered on a one-on-one basis. Non-members will have access to SportsPlex only during the time of the lesson. Minimum enrollment or Children's Programming with parents: three participants.</p>
Member Registration: January 18, 2019	Non-Member Registration: January 23, 2019

10 Week Session

Members \$175.00	Non-members \$227.00
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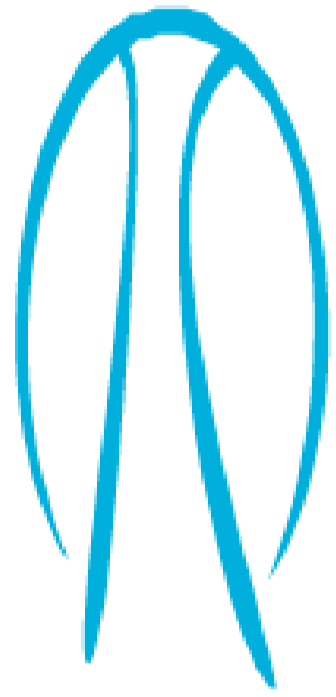
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SPX Swim Academy Swim Levels

<p>Water Exploration with Parent</p>	<p>A half-hour of fun time for parent and toddler. Instruction will be given on appropriate holds, safety skills and methods of helping your child become more water friendly using songs, games, and toys. Our goal is to increase comfort level and reinforce age appropriate safety skills. Children will learn how to enter and exit the water safely, blow bubbles, and how to use arms and legs motor skills in the water. Parent must be in the water with the child. Flotation aids will be supplied. Ages 6 months to 4 years old</p>
<p>Water Exploration</p>	<p>In this level, children will learn balance and comfort through arm and leg motor skills using flotation and assistance from the instructor without the parent in the water. Exit requirements: Swim five yards on front and back with flotation, blow bubbles, jump with assistance, enter and exit water safely. Ages 2½ to 3 years old</p>
<p>Primary Skills I</p>	<p>In this level, children will continue to build comfort in the water with less assistance from the instructor and more emphasis on the child's ability to progressively swim with less flotation. Exit requirements: Swim 10 yards front and back without flotation confidently, float on front and back unassisted, fully submerge face, jump without assistance, enter and exit the water safely. Ages 3 to 5 years old</p>
<p>Primary Skills II</p>	<p>In this level, children will learn to coordinate over-water arm motions with streamlined kicking at the surface of the water. Exit requirements: Swim 15 yards, over-water arm motion and streamlined flutter kick demonstrated on front and back. Successfully jump in, surface and return to wall.</p>
<p>Primary Skills III</p>	<p>In this level, children will continue to strengthen the streamlined flutter kick and become familiar with the dolphin kick motion. Both front and back strokes will be encouraged to be consistently repeated. Children will be introduced to using fins, circle swimming, the butterfly arm motion and breaststroke kick to continue the stroke progressions. Exit requirements: Swim 25 yards freestyle and backstroke, coordinating rhythmic breathing with over-water arm motion, backstroke. Streamline gliding and kneeling dives demonstrated in good form. Dolphin kick motion and standing dives demonstrated in good form.</p>
<p>Stroke Development</p>	<p>In this level, children will be introduced to breaststroke arms, rotary breathing, and diving off starting blocks. Exit Requirements: Swim 25 yards freestyle and backstroke. Butterfly stroke, breaststroke kick, and circle swimming demonstrated in good form.</p>
<p>Stroke Refinement</p>	<p>All strokes will be refined for efficient lap swimming. Flip turns introduced. Exit Requirements: Swim 50 yards freestyle and backstroke. Swim 25 yards breaststroke and butterfly. Dive off starting blocks in good form.</p>

 us on Facebook

Aquatics



SPORTSPLEX

Aquatics Program Registration Form

Parents Name: _____ Member #: _____

Home Phone: _____ Other Phone: _____

Address: _____ City/State/Zip: _____

Email Address: _____

Credit Card #: _____ Exp Date: _____

	Date Of Birth	Level	Day / Time 1st Choice	Day/ Time 2nd Choice
Name:				
Name:				
Name:				
Name:				

I/we authorize SportsPlex New Windsor Aquatics Staff members to photograph and/or video children during swim related activities. The photographs will be used solely for marketing purposes and names will not be released. I am familiar with the terms and conditions contained in the waiver of liability listed below:

It is expressly agreed that all exercises and treatments and use of equipment and facilities of Sportsplex are and shall be undertaken at member's and member's minor children's sole risk, and that the member assumes the risk of any injuries he or she or the member's minor children may suffer while using any of the equipment or the facilities of Sportsplex, and that Sportsplex shall not be liable for any claims, demands, injuries, damages, actions, or causes of action whatsoever to the member, the member's minor children or property arising out of or connected with the use of any of the services, equipment and/or facilities of Sportsplex, or of the property or premises where same located, and the member does hereby expressly forever release and discharge Sportsplex from all such claims, demands, injuries, damages or causes of action from all acts of negligence, active or passive, and all other fault on the part of Sportsplex, its servants, agents or employees.

Members signature:

