



Student must attend the same class for the entire session.

Weekday classes meet twice/Week for 4 weeks (Monday & Wednesday or Tuesday & Thursday).

Weekend Classes meet once/week for 8 weeks.

REGISTER USING THIS LINK – [APS AQUATICS SELF-SERVICE PORTAL](#)

ADVANCE CALENDAR TO THE START DATE

SELECT THE POOL, COURSE AND TIME. BOOK FOR THE FIRST DAY ONLY

AQUATICS SCHOOL - Session 4

November 15 or 18 to December 13 or 16, 2021 (Two Lessons/Week)

No Lessons November 24 and 25 (Thanksgiving Break)

Course	Day (S)	Dates	Times	Pool
BABIES & TODDLERS (B&T) (6 MOS-3 YEARS OLD)				
The purpose of this course is to foster in very young children a high comfort level in the water while at the same time train the adults in water safety and drowning prevention. This course does not teach children to swim or to survive in the water. The focus is on confidence building, fun and loving experience. The course is organized into five (5) learning phase that include trust and comfort, body positions, submersion, air recovery and rollover and forward movement. One adult must be in the water, and a second adult is welcome.				
	MON & WED	Nov 15-Dec 13	4:00 PM-4:30 PM	WAKEFIELD
	TUE & THU	Nov 18-Dec 16	4:15 PM-4:45 PM	WASHINGTON-LIBERTY
	TUE & THU	Nov 18-Dec 16	4:30 PM-4:45 PM	YORKTOWN
PRE-K SCHOOL (3-5 YEARS OLD)				
In Pre-K, students will develop a high comfort level in the water and a readiness to swim. Children who are developmentally ready, will learn functional swim skills. Instructors use a creative, fun activities in the water to introduce the children to fundamental skills including submersion, body position and air recovery, direction change, forward and rotary and integrated movement as well as important water safety and self-rescue skills. Session are 30 minutes in length.				
	MON & WED	Nov 15-Dec 13	4:30 PM-5:00 PM	WAKEFIELD
	TUE & THU	Nov 18-Dec 16	4:00 PM-4:30 PM	YORKTOWN
	TUE & THU	Nov 18-Dec 16	4:45 PM-5:15 PM	WASHINGTON-LIBERTY
SWIM SCHOOL – Primary Grades (6-13 YEARS OLD)				
Pre-requisite: Children under 6-years old must be assessed to by an instructor				
Instructors use age-appropriate, self-paced but challenging learning activities to allow students to develop core swimming competencies - submersion, body position and air recovery, direction change, forward and rotary and integrated movement. The course is organized into five (5) learning phases (or grades) and benchmarks include submersion, jumping in, recovery, float, and kick, change directions, glide, and move using overarm pull with kick. Safety benchmarks include using a lifejacket, assists, treading water and survival float. At the completion of GREEN Phase, the swimmer will be ready to enroll in <i>STROKE SCHOOL (Intermediate Grades)</i>				
	MON & WED	Nov 15-Dec 13	5:15 PM-6:00 PM	WAKEFIELD
	MON & WED	Nov 15-Dec 13	6:15PM-7:00 PM	WAKEFIELD
	TUE & THU	Nov 18-Dec 16	5:30 PM-6:15 PM	WASHINGTON-LIBERTY
	TUE & THU	Nov 18-Dec 16	6:15 PM-7:00 PM	YORKTOWN



STROKE SCHOOL – Intermediate Grades (6-13-YEARS OLD).

Pre-requisite: Completion of Swim School GREEN phase or equivalent skill level.

Stroke School curriculum builds on fundamental skills acquired in Swim School and develops endurance, freestyle refinement, and learn stroke technique for backstroke, butterfly, and breaststroke. This course is structured into five (5) learning phases – Freestyle, Backstroke, Butterfly, and endurance. During the Green Phase swimmers will learn starts and turns, training methods and water safety skills. After completing the GREEN Phase of Stroke School, the swimmer will be ready to enroll in the Swim Academy or join a Swim Team

	MON & WED	Nov 15-Dec 13	5:00 PM-5:45 PM	WAKEFIELD
	TUE & THU	Nov 18-Dec 16	6:30 PM-7:15 PM	YORKTOWN
	TUE & THU	Nov 18-Dec 16	6:15 PM-7:00 PM	WASHINGTON-LIBERTY

SWIM ACADEMY (6-13 YEARS OLD)

Pre-requisite: Completion of Stroke School GREEN phase or equivalent skill level.

Student in the Swim Academy will work on refining swim strokes, starts, and turns, and develop an understanding of basic training principles such as using a pace clock and racing strategies; Additional skills may include an introduction to Springboard Diving and other aquatics activities such as Water Polo, etc.

	TUE & THU	Nov 18-Dec 16	6:30 PM-7:30 PM	WASHINGTON-LIBERTY
	TUE & THU	Nov 18-Dec 16	6:30 PM-7:30 PM	YORKTOWN

ADULT SWIM SCHOOL (14 and older)

Students will work in group of similar skill level. Groups will focus on developing core swimming competencies or endurance, and stroke refinement for freestyle, backstroke, butterfly, and backstroke. Training concepts, and turns will be included

	MON & WED	Nov 15-Dec 13	7:15PM-8:00 PM	WAKEFIELD
	TUE & THU	Nov 18-Dec 16	7:30 PM-8:15 PM	YORKTOWN
	TUE & THU	Nov 18-Dec 16	7:30 PM-8:15 PM	WASHINGTON-LIBERTY

DIVING - (6-13 YEARS OLD)

Pre-requisite: students must be able to tread water for 1 minute and swim 25 yards without stopping

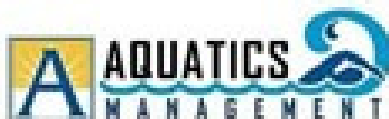
LEVEL 1: This course will introduce participants to diving safety, proper use of the springboard, and dives based on the student demonstrated skill level.

LEVEL 2: This progressive course will build on fundamental concepts of diving and introduce more advanced dives based on the student's demonstrated skill.

	Tue & Thu	Nov 18-Dec 16	5:30 PM-6:15 PM	Wakefield
	Tue & Thu	Nov 18-Dec 16	6:30 PM-7:15 PM	Wakefield

**THANK YOU FOR CHOOSING THE
 APS AQUATICS SCHOOL**

WINTER SPLASH CAMP (December 20-23)



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