



AQUATICS SCHOOL – SPRING - Session 2 (Weeknights)
May 16 – June 13, 2022 (M & W) – NO Classes on May 30
May 17 – June 8, 2022 (T & Th)

Student must attend the same class for the entire session.

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

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

Online Registration Opens from April 22 to May 9

PLEASE NOTE THAT SCHEDULE LISTED HERE MAY BE SUBJECT TO CHANGE BASED ON STAFF AVAILABILITY.
 THE SCHEDULE ON THE REGISTRATION PORTAL WILL BE KEPT UP TO DATE AS NEW CLASSES ARE ADDED.

Course	Day (S)	Dates	Times	Pool
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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

	TUE & THU	May 17 – June 8	4:00 PM – 4:30 PM	WASHINGTON-LIBERTY
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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	May 16 – June 13	4:15 PM – 4:45 PM	WAKEFIELD
	MON & WED	May 16 – June 13	5:00 PM – 5:30 PM	WAKEFIELD
	MON & WED	May 16 – June 13	4:00 PM – 4:30 PM	WASHINGTON-LIBERTY
	TUE & THU	May 17 – June 8	4:30 PM - 5:00 PM	WASHINGTON-LIBERTY
	TUE & THU	May 17 – June 8	6:00 PM - 6:30 PM	YORKTOWN

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 *STROKE SCHOOL (Intermediate Grades)*

	MON & WED	May 16 – June 13	5:45 PM - 6:30 PM	WAKEFIELD
	MON & WED	April 18- May 11	6:45 PM - 7:30 PM	WAKEFIELD
	TUE & THU	May 17 – June 8	5:15 PM - 6:00 PM	WASHINGTON-LIBERTY
	TUE & THU	May 17 – June 8	6:15 PM - 7:00 PM	WASHINGTON-LIBERTY
	TUE & THU	May 17 – June 8	6:45 PM - 7:30 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



**APS AQUATICS SCHOOL
Spring Term 2022**

	MON & WED	May 16 – June 13	5:15 PM – 6:00 PM	WAKEFIELD
	TUE & THU	May 17 – June 8	5:45 PM – 6:30 PM	WASHINGTON-LIBERTY
	TUE & THU	May 17 – June 8	6:00 PM - 6:45 PM	YORKTOWN
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	May 17 – June 8	6:30 PM - 7:30 PM	WASHINGTON-LIBERTY
	TUE & THU	May 17 – June 8	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	May 16 – June 13	7:45 PM - 8:30PM	WAKEFIELD
	TUE & THU	May 17 – June 8	7:15 PM - 8:00 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				
This course will introduce participants to diving safety, proper use of the springboard, and dives based on the student demonstrated skill level. More advanced dives will be introduced based on each student's demonstrated skill.				
	Tue & Thu	May 17 – June 8	5:15 PM - 6:15 PM	WAKEFIELD
	Tue & Thu	May 17 – June 8	6:15 PM - 7:15 PM	WAKEFIELD
THANK YOU FOR CHOOSING THE APS AQUATICS SCHOOL				

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