



**SATURDAYS -**

**Washington-Liberty & Yorktown - APRIL 13 – JUNE 8 , 2024**

**Wakefield - APRIL 20 – JUNE 15, 2024**

(No class on May 25)

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

**REGISTRATION opens March 21, 2024 at 8:30 AM**

Classes are not open to non-Arlington residents

PLEASE NOTE THAT THE SCHEDULE LISTED HERE MAY BE SUBJECT TO  
 CLASS LISTINGS ON THE REGISTRATION PORTAL WILL BE UPDATED AS CLASSES ARE ADDED.

Course	Day (S)	Dates	Times	Pool
<b>BABIES &amp; TODDLERS (B&amp;T) (6 MOS-3 YEARS OLD)</b> Babies and Toddlers focuses on building confidence and comfort in the water with a fun and loving experience while educating adults in water safety and drowning prevention. This course does NOT teach children to swim or to survive in the water. The course is organized into five (5) color learning phases: WHITE: trust and comfort, RED: body positions, YELLOW: submersion, BLUE: air recovery and rollover, and GREEN: forward movement. One adult must be in the water, and a second adult is welcome.				
	SATURDAY	April 20 – June 15	9:00AM – 9:30 AM	WAKEFIELD
	SATURDAY	April 13– June 8	9:20 AM – 9:45 AM	WASHINGTON-LIBERTY
	SATURDAY	April 13– June 8	11:00 AM -11:30 AM	YORKTOWN
<b>PRE-K SWIM (3 YEARS OLD):</b> <i>This course is best suited for 3–4-year-old children just starting to swim or having completed B&amp;T Swim School, but older children may participate based on their socioemotional development.</i> Pre-K uses fun activities to introduce young Swimmers to a group learning environment without a parent. Coaches work to establish trust while introducing water exploration, breath control and submersion. This class is recommended for children who are new to group instruction or have a known apprehension about entering the water independently of a trusted adult (or parent). While the focus will be on SAI™: WHITE Level (Trust and Submersion), Coaches will work with the child at his/her own pace and more advanced skills will be introduced based on the child’s readiness.				
	SATURDAY	April 13– June 8	8:45 AM – 9:15 AM	YORKTOWN
	SATURDAY	April 20 – June 15	9:35 AM – 10:05 AM	WAKEFIELD
	SATURDAY	April 13– June 8	9:55 AM – 10:25 AM	WASHINGTON-LIBERTY
<b>KINDER SWIM SCHOOL (3-5 YEARS OLD):</b> <b>PRE-REQUISITE:</b> Ability to enter the water independently and voluntarily submerge face in water. This course is best suited for children 3-5 years old who ARE comfortable in a large group setting and ready to enter the water voluntarily and independently of a parent. KINDER SWIM uses fun activities to develop comfort in the water, fundamental swim skills, and water safety skills. Children will be assessed and placed into one of five learning phases: WHITE: submersion and breath control, RED: body position and air recovery, YELLOW: forward movement and direction change, BLUE: rotary movement, and GREEN: integrated movement. Each learning phase also includes water safety and self-rescue skills.				
	SATURDAY	April 13– June 8	9:25 AM – 9:55 AM	YORKTOWN
	SATURDAY	April 20 – June 15	10:15AM – 10:45 AM	WAKEFIELD
	SATURDAY	April 13– June 8	10:30 AM – 11:00 AM	WASHINGTON-LIBERTY
	SATURDAY	April 13– June 8	11:50 AM – 12:20 PM	YORKTOWN
	SATURDAY	April 13– June 8	12:00 PM – 12:30 PM	WASHINGTON-LIBERTY

**SWIM SCHOOL (6-13 YEARS OLD):** Swim School uses age-appropriate activities to develop fundamental swim and water safety skills. Children will be assessed and placed into one of five learning phases. As they progress, children will learn fundamental swim skills through five color learning phases: **WHITE:** submersion, **RED:** body position and air recovery, **YELLOW:** forward movement and direction change, **BLUE:** rotary movement, and **GREEN:** integrated movement. Each learning phase also includes water safety and self-rescue skills. After completing the **GREEN** learning phase, the swimmer may enroll in **STROKE SCHOOL**.

<b>SATURDAY</b>	<b>April 13– June 8</b>	<b>10:05 AM – 10:50 AM</b>	<b>YORKTOWN</b>	
<b>SATURDAY</b>	<b>April 20 – June 15</b>	<b>10:45 AM – 11:30 AM</b>	<b>WAKEFIELD</b>	
<b>SATURDAY</b>	<b>April 13– June 8</b>	<b>11:10 AM – 11:55 AM</b>	<b>WASHINGTON-LIBERTY</b>	
<b>SATURDAY</b>	<b>April 20 – June 15</b>	<b>11:40 AM – 12:25 PM</b>	<b>WAKEFIELD</b>	
<b>SATURDAY</b>	<b>April 13– June 8</b>	<b>12:30 AM – 1:15 PM</b>	<b>YORKTOWN</b>	
<b>SATURDAY</b>	<b>April 13– June 8</b>	<b>12:20PM – 1:05 PM</b>	<b>WASHINGTON-LIBERTY</b>	
<b>Course</b>	<b>Day (S)</b>	<b>Dates</b>	<b>Times</b>	<b>Pool</b>

**STROKE SCHOOL (6-13-YEARS OLD):** **PRE-REQUISITE:** Swimmers must be able to tread water and survival float for at least 30 seconds AND swim basic freestyle stroke with “swim-roll-swim” or rotary (side) breathing.

Stroke School builds on the fundamental swimming skills acquired in Swim School. Swimmers will progress through five color learning phases: **WHITE:** Freestyle, **RED:** Backstroke, **YELLOW:** Butterfly, **BLUE:** Breaststroke, and **GREEN:** Endurance. Each learning phase also includes water safety and self-rescue skills. After completing the **GREEN** learning phase, the swimmer may enroll in Swim Academy.

<b>SATURDAY</b>	<b>April 20 – June 15</b>	<b>8:45 AM – 9:30 AM</b>	<b>WAKEFIELD</b>
<b>SATURDAY</b>	<b>April 13– June 8</b>	<b>9:30 AM – 10:15 AM</b>	<b>WASHINGTON-LIBERTY</b>
<b>SATURDAY</b>	<b>April 13– June 8</b>	<b>10:05 AM – 10:50 AM</b>	<b>YORKTOWN</b>
<b>SATURDAY</b>	<b>April 13– June 8</b>	<b>12:00 PM – 12:45 AM</b>	<b>YORKTOWN</b>

**AQUA ACADEMY (FITNESS):** **Pre-requisite:** Swimmers must be able to tread water and survival float for 2 minutes AND swim 25 yards each of freestyle, backstroke, breaststroke, and butterfly. **Description:** Swimmers will continue to improve and refine the four competitive strokes in addition to learning starts, turns and training strategies. Advanced swimming skills such as surface and springboard diving will also be introduced. Coaches will provide a 30-40-minute swimming workout followed by 10-20 minutes of instruction in new aquatic recreation or advanced skill. This Academy is ideal for those who wish to enjoy swimming and water activities without the pressure of competition.

<b>SATURDAY</b>	<b>April 13– June 8</b>	<b>11:00 AM – 11:50 AM</b>	<b>YORKTOWN</b>
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**ADULT SWIM SCHOOL (13 and older):**

Swimmers will work in groups of similar skill levels to develop fundamental swimming competencies such as front and back floating, body position and air recovery. Introduction to deep water safety skills is also included. Groups will focus on developing fundamental swim skills or refining the four competitive swim strokes and building endurance, depending on swimmer interests and goals.

<b>SATURDAY</b>	<b>April 13– June 8</b>	<b>8:30 AM – 9:15 AM</b>	<b>WASHINGTON-LIBERTY</b>
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**Adult Stroke School (13+ years old):** The adult stroke school will focus on stroke development and refinement and include strength and endurance drills. Participants must be able to float and streamline on the front, back, and side, or have basic knowledge of the freestyle and backstroke, and be able to tread water for 1 minute and be comfortable in deep water. If you are currently participating in Adult Swim School, ask you Coach if you should register for Stroke!

<b>SATURDAY</b>	<b>April 13– June 8</b>	<b>8:30 AM – 9:15 AM</b>	<b>WASHINGTON-LIBERTY</b>
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Saturday Classes at the Wakefield Aquatic Center will run from APRIL 20 – June 15  
due HVAC Equipment replacement project

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