



APS AQUATICS SCHOOL
Spring Term 2024 – Session 3

Monday & Wednesday - May 13 – June 10 (Evenings)

Tuesday & Thursday - May 14 – June 6 (Evenings)

NO CLASS – MONDAY MAY 27

Students must attend the SAME class for the entire session.

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

Online Registration for Arlington Residents ONLY opens on April 25, at 8:30 AM

Classes are not open to non-Arlington residents

PLEASE NOTE THAT THE 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/Days	DATES	Times	Pool
PRE-K SWIM (3 YEARS OLD): This course is best suited for 3–4-year-old children just starting to swim or having completed B&T Swim School, but older children may participate based on their socioemotional development. Pre-K uses fun activities to introduce the young swimmer to a group learning environment without a parent. Coaches will 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 (Red Phase) will be taught as the swimmers is ready. Swimmers who have received their WHITE wrist band in PreK should register for <i>Kinder Swim</i> .			
MON & WED	May 13 – June 10	4:10 PM – 4:40 PM	WASHINGTON-LIBERTY
TUE & THU	May 14 – June 6	4:10 PM – 4:40 PM	WASHINGTON-LIBERTY
TUE & THU	May 14 – June 6	5:35 PM – 6:05 PM	YORKTOWN
KINDER SWIM SCHOOL (3-5 YEARS OLD): PRE-REQUISITE: 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. Coaches will evaluate skills and the child will be assigned to one of four learning groups - 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.			
MON & WED	May 13 – June 10	4:45 PM – 5:15 PM	WASHINGTON-LIBERTY
MON & WED	May 13 – June 10	5:25 PM – 6:05 PM	WASHINGTON-LIBERTY
TUE & THU	May 14 – June 6	4:50 PM – 5:20 PM	WASHINGTON-LIBERTY
TUE & THU	May 14 – June 6	6:10 PM – 6:40 PM	YORKTOWN
SWIM SCHOOL (6-13 YEARS OLD): Swim School uses age-appropriate activities to develop fundamental swim and water safety skills. Coaches will evaluate skills and the child will be assigned to 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. Upon completion of the GREEN phase, the swimmer may enroll in STROKE SCHOOL.			
MON & WED	May 13 – June 10	6:05 PM – 6:50 PM	WASHINGTON-LIBERTY
MON & WED	May 13 – June 10	7:00 PM – 7:45 PM	WASHINGTON-LIBERTY
TUE & THU	May 14 – June 6	5:30 PM – 6:15 PM	WASHINGTON-LIBERTY
TUE & THU	May 14 – June 6	6:25 PM – 7:10 PM	WASHINGTON-LIBERTY
TUE & THU	May 14 – June 6	6:50 PM - 7:35 PM	YORKTOWN

STROKE SCHOOL (6-13-YEARS OLD): **PRE-REQUISITE:** Swimmers must have completed SWIM SCHOOL GREEN Level or be able to demonstrate front, back and side glide for at least 10ft.; float on the back with head in line with the body using arm and leg action; swim 30 ft. freestyle demonstrating effective breathing on both sides; jump in water 7 ft. deep and tread water for 1 minute. **Children who have participated in another program (ARC) should have completed Level 4 to enroll in APS Stroke School courses.** Stroke School builds on the fundamental swimming skills acquired in Swim School. Swimmers will progress through five color learning phases corresponding to the 6 primary strokes. Curriculum includes work on endurance and water safety/self-rescue skills. After completing the GREEN learning phase, the swimmer may enroll in Swim demy.

MON & WED	May 13 – June 10	5:50 PM – 6:35 PM	WASHINGTON-LIBERTY
TUE & THU	May 14 – June 6	5:45 PM - 6:30 PM	WASHINGTON-LIBERTY
TUE & THU	May 14 – June 6	6:05PM – 6:50 PM	YORKTOWN

ORANGE ACADEMY (WATER POLO): **Pre-requisite:** Swimmers must be able to tread water and survival float for 2 minutes **AND swim 25 yards freestyle.** Description: Swimmers will learn fundamental skills for Water Polo, including treading water, passing, shooting, and game strategy. Classes will consist of skill development, endurance/strength training, and game play

MON & WED	May 13 – June 10	6:40 PM – 7:30 PM	WASHINGTON-LIBERTY
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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 taught. 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.

TUE & THU	May 14 – June 6	6:30 PM – 7:20 PM	WASHINGTON-LIBERTY
TUE & THU	May 14 – June 6	6:50 PM – 7:35 PM	YORKTOWN

ADULT SWIM SCHOOL (14 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 and safety skills is also included.

MON & WED	May 13 – June 10	7:45 PM -8:30 PM	WASHINGTON-LIBERTY
TUE & THU	May 14 – June 6	7:20 PM – 8:05 PM	WASHINGTON-LIBERTY

ADULT STROKE SCHOOL (14 and older): 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 your Coach if you should register for Stroke.

TUE & THU	May 14 – June 6	7:20 PM – 8:05 PM	WASHINGTON-LIBERTY
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ADULT ACADEMY (14 and older): **Pre-requisite:** Swimmers must be able to tread water and survival float for 2 minutes **AND swim 25 yards each of freestyle, backstroke, breaststroke.**

Description: This Academy aims to provide the adult swimmer with the opportunity to improve stroke technique and efficiency to increase fitness benefits or swimming. Practice will focus on increasing endurance and speed. Participants will benefit from a coach-lead and individually focused workout.

MON & WED	May 14 – June 6	7:30 PM – 8:20 PM	WASHINGTON-LIBERTY
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DIVING (6-13 YEARS OLD): **Pre-requisite:** Students must be able to tread water for 1 minute **AND swim 25 yards without stopping.** Diving introduces participants to diving safety, proper use of the springboard, and dives based on the student's skill level. As students' progress, they will learn more advanced dives.

THANK YOU FOR CHOOSING THE APS AQUATICS SCHOOL

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