



APS SWIM SCHOOL – FALL SESSION 4(Weeknights)

November 18 - December 17, 2024

703-228-6263 / 6263

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




REGISTRATION opens on Thursday October 31, at 8:30 AM

Non-Arlington Residents will be admitted ONLY when there is no Waitlist




FEE: \$89.95 / 8-lessons

To register for Academy, please contact the office

PLEASE NOTE THAT THE SCHEDULE LISTED HERE MAY BE SUBJECT TO CHANGE
CLASSES LISTED ON THE REGISTRATION PORTAL ARE THE CORRECT OFFERINGS.

Course	Day (S)	Dates	Times	Pool
 BABIES & TODDLERS (B&T) (6 MOS-3 YEARS OLD) 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.				
	Monday & Wednesday	Nov 18 – Dec 16	4:00 PM – 4:30 PM	WASHINGTON-LIBERTY
 PRE-K SCHOOL (3-5 YEARS OLD): Pre-K 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. 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.				
	Monday & Wednesday	Nov 18 – Dec 16	4:15 PM – 4:45 PM	WAKEFIELD
	Monday & Wednesday	Nov 18 – Dec 16	4:40 PM – 5:10 PM	WASHINGTON-LIBERTY
	Monday & Wednesday	Nov 18 – Dec 16	4:00 PM – 4:30 PM	WASHINGTON-LIBERTY
	Tuesday & Thursday	Nov 19 – Dec 17	4:00 PM – 4:30 PM	WASHINGTON-LIBERTY
	Tuesday & Thursday	Nov 19 – Dec 17	5:30 PM – 6:00 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. 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.				
	Monday & Wednesday	Nov 18 – Dec 16	4:55 PM – 5:25 PM	WAKEFIELD
	Monday & Wednesday	Nov 18 – Dec 16	4:40 PM – 5:10 PM	WASHINGTON-LIBERTY
	Monday & Wednesday	Nov 18 – Dec 16	5:20 PM – 5:50 PM	WASHINGTON-LIBERTY
	Tuesday & Thursday	Nov 19 – Dec 17	4:40 PM – 5:10 PM	WASHINGTON-LIBERTY
	Tuesday & Thursday	Nov 19 – Dec 17	5:20 PM – 5:50 PM	WASHINGTON-LIBERTY
	Tuesday & Thursday	Nov 19 – Dec 17	6:05 PM – 6:35 PM	YORKTOWN
SWIM SCHOOL (6-12 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				
	Monday & Wednesday	Nov 18 – Dec 16	5:35 PM – 6:20 PM	WAKEFIELD



Monday & Wednesday	Nov 18 – Dec 16	6:30 PM – 7:15 PM	WAKEFIELD
Monday & Wednesday	Nov 18 – Dec 16	6:00 PM – 6:45 PM	WASHINGTON-LIBERTY
Monday & Wednesday	Nov 18 – Dec 16	6:55 PM – 7:40 PM	WASHINGTON-LIBERTY
Tuesday & Thursday	Nov 19 – Dec 17	6:00 PM – 6:45 PM	WASHINGTON-LIBERTY
Tuesday & Thursday	Nov 19 – Dec 17	6:55 PM – 7:40 PM	WASHINGTON-LIBERTY
Tuesday & Thursday	Nov 19 – Dec 17	6:45 PM – 7:30 PM	YORKTOWN
	STROKE I 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 I provides a transition for swimmers who have completed Swim School – Green or who are coming from another program. The course, taught in the Competition Pool, will focus on endurance, deep water confidence and refining fundamental skills and introducing stroke mechanics for all six strokes. Swimmers will develop Beginner Level competency in four learning levels: WHITE: Freestyle, RED: Backstroke, YELLOW: Butterfly, BLUE: Breaststroke. After successful completion of STROKE I, swimmers may enroll in STROKE II.		
Monday & Wednesday	Nov 18 – Dec 16	4:20 PM – 5:05 PM	WAKEFIELD
Monday & Wednesday	Nov 18 – Dec 16	5:45 PM – 6:30 PM	WASHINGTON-LIBERTY
Monday & Wednesday	Nov 18 – Dec 16	6:05 PM – 6:50 PM	YORKTOWN
Tuesday & Thursday	Nov 19 – Dec 17	5:30 PM – 6:15 PM	WASHINGTON-LIBERTY
STROKE II SCHOOL (6-13-YEARS OLD): PRE-REQUISITE: Swimmers must have completed Stroke I or be able to tread water and survival float for at least 1 minute AND perform the 6 strokes at a Beginner Level or better. Building on stroke mechanics learned in Stroke I, this course will focus on stroke refinement to increase efficiency and endurance. Swimmers will progress through the advanced level of the five color learning phases: WHITE: Freestyle, RED: Backstroke, YELLOW: Butterfly, BLUE: Breaststroke, and GREEN: Endurance. Each learning phase also includes water safety start dives and turns, and self-rescue skills. After completing the Stroke GREEN learning phase, the swimmer may enroll in Aqua Academy and will have the confidence and skill to join a competitive swim team, if desired. 			
Monday & Wednesday	Nov 18 – Dec 16	5:15 PM – 6:00PM	WAKEFIELD
Monday & Wednesday	Nov 18 – Dec 16	4:45 PM – 5:30 PM	WASHINGTON-LIBERTY
Monday & Wednesday	Nov 18 – Dec 16	7:00 PM – 7:45 PM	YORKTOWN
Tuesday & Thursday	Nov 19 – Dec 17	6:20 PM – 7:05 PM	WASHINGTON-LIBERTY
	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. 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 40-minute swimming workout followed by 10 minutes of instruction in new/advanced skills. This Academy aims to provide a swim team-like experience without the pressures of competition.		
AQUA ACADEMY IS ONGOING FOR THE FALL SESSION. Please call the office to register with a pro-rated fee			
Monday & Wednesday	Nov 18 – Dec 16	6:30 PM – 7:20 PM	WASHINGTON-LIBERTY
Tuesday & Thursday	Nov 19 – Dec 17	4:30 PM – 5:20 PM	WASHINGTON-LIBERTY
Tuesday & Thursday	Nov 19 – Dec 17	7:00 PM – 7:50 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 safety skills are 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.			
Monday & Wednesday	Nov 18 – Dec 16	7:10 PM – 7:55 PM	WAKEFIELD
Monday & Wednesday	Nov 18 – Dec 16	7:45 PM – 8:30 PM	WASHINGTON-LIBERTY
Tuesday & Thursday	Nov 19 – Dec 17	7:45 PM – 8:30 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 Stroke School, ask your Coach if you should register for Adult Academy.			
Monday & Wednesday	Nov 18 – Dec 16	7:10 PM – 7:55 PM	WAKEFIELD
Monday & Wednesday	Nov 18 – Dec 16	7:45 PM – 8:30 PM	WASHINGTON-LIBERTY
Tuesday & Thursday	Nov 19 – Dec 17	7:45 PM – 8:30 PM	WASHINGTON-LIBERTY

ADULT SWIM FIT ACADEMY (14 and older): Pre-requisite: Swimmers must be able to tread water FPR 1 minute AND swim 25 yards each of freestyle, backstroke. Swimmers will work on stroke development and improving refining the four competitive strokes in addition to learning starts, turns and training strategies. Coaches will provide a 50-minute swimming workout with drills to improve stroke efficiency, increase fitness, endurance and speed at your own pace.

ADULT SWIM FIT ACADEMY IS ONGOING FOR THE FALL SESSION.

Please call the office to register with a pro-rated fee

Monday & Wednesday	Sept 9-Oct 2	7:10 PM – 8:00 PM	WAKEFIELD
Monday & Wednesday	Sept 9-Dec 18	7:45 PM – 8:35 PM	WASHINGTON-LIBERTY
Tuesday & Thursday	Sept 10-Dec 19	8:00 AM – 8:50 AM	WASHINGTON-LIBERTY
Tuesday & Thursday	Sept 10-Dec 19	7:20 PM – 8:10 PM	WASHINGTON-LIBERTY

THANK YOU FOR CHOOSING THE APS AQUATICS SCHOOL

