



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

REGISTRATION opens on Tuesday, December 17, at 8:30 AM





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






No classes on January 20th and 30th

FEES: \$89.95 / 8-lessons

To register for Academy, please select Academy - Winter 2025

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		Jan 6 – Feb 3	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 swimming 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		Jan 6 – Feb 3	4:30 PM – 5:00 PM	WAKEFIELD
Monday & Wednesday		Jan 6 – Feb 3	4:00 PM – 4:30 PM	WASHINGTON-LIBERTY
Tuesday & Thursday		Jan 7 – Feb 4	4:15 PM – 4:45PM	WASHINGTON-LIBERTY
Tuesday & Thursday		Jan 7 – Feb 4	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		Jan 6 – Feb 3	5:05 PM – 5:35 PM	WAKEFIELD
Monday & Wednesday		Jan 6 – Feb 3	4:40 PM – 5:10 PM	WASHINGTON-LIBERTY
Monday & Wednesday		Jan 6 – Feb 3	5:20 PM – 5:50 PM	WASHINGTON-LIBERTY
Tuesday & Thursday		Jan 7 – Feb 4	4:50 PM – 5:20 PM	WASHINGTON-LIBERTY
Tuesday & Thursday		Jan 7 – Feb 4	5:30 PM – 6:00 PM	WASHINGTON-LIBERTY
Tuesday & Thursday		Jan 7 – Feb 4	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		Jan 6 – Feb 3	5:45 PM – 6:30 PM	WAKEFIELD
Monday & Wednesday		Jan 6 – Feb 3	6:40 PM – 7:30 PM	WAKEFIELD
Monday & Wednesday		Jan 6 – Feb 3	6:00 PM – 6:45 PM	WASHINGTON-LIBERTY
Monday & Wednesday		Jan 6 – Feb 3	6:55 PM – 7:40 PM	WASHINGTON-LIBERTY

Tuesday & Thursday	Jan 7 – Feb 4	6:00 PM – 6:45 PM	WASHINGTON-LIBERTY
Tuesday & Thursday	Jan 7 – Feb 4	6:55 PM – 7:40 PM	WASHINGTON-LIBERTY
Tuesday & Thursday	Jan 7 – Feb 4	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	Jan 6 – Feb 3	4:45 PM – 5:30 PM	WAKEFIELD
Monday & Wednesday	Jan 6 – Feb 3	4:45 PM – 5:30 PM	WASHINGTON-LIBERTY
Monday & Wednesday	Jan 6 – Feb 3	6:05 PM – 6:50 PM	YORKTOWN
Tuesday & Thursday	Jan 7 – Feb 4	5:45 PM – 6:30 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 four 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. 		
Tuesday & Thursday	Jan 7 – Feb 4	4:45 PM – 5:30 PM	WAKEFIELD
Monday & Wednesday	Jan 6 – Feb 3	4:45 PM – 5:30 PM	WASHINGTON-LIBERTY
Monday & Wednesday	Jan 6 – Feb 3	7:00 PM – 7:45 PM	YORKTOWN
Tuesday & Thursday	Jan 7 – Feb 4	6:40 PM – 7:25 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 will meet for 26 lessons during the Winter Term (Jan 6-Apr 9). Fee is \$290. Please use the Winter 2025 Swim Academy Link on the Registration Portal		
Monday & Wednesday	Jan 6 – Apr 9	6:30 PM – 7:20 PM	WASHINGTON-LIBERTY
Tuesday & Thursday	Jan 7– Apr 8	4:45 PM – 5:30 PM	WASHINGTON-LIBERTY
Tuesday & Thursday	Jan 7– Apr 8	7:00 PM – 7:50 PM	YORKTOWN
	ORANGE ACADEMY (WATER POLO) (6-13 YEARS OLD): Pre-requisite: Swimmers must be able to tread water for 2 minutes AND swim 25 yards each of freestyle and backstroke. Description: Swimmers will be introduced to fundamental water polo skills including treading water, passing, shooting, and game strategy. Classes will consist of skill development, endurance/strength training, and game play		
Monday & Wednesday	Jan 6 – Apr 9	7:45 PM – 8:30 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 and be comfortable going off the Board. Diving introduces participants to diving safety, proper use of the springboard, and dives based on the student’s skill level. As divers progress, they will learn more advanced dives. Diving Academy will meet 13 times this Session. No class on January 21. Fee is \$150.00		
Tuesday	Jan 7– Apr 8	5:30 PM – 6:30 PM	WAKEFIELD
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 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.			
Monday & Wednesday	Jan 6 – Feb 3	7:35 PM – 8:20 PM	WAKEFIELD
Monday & Wednesday	Jan 6 – Feb 3	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	Jan 6 – Feb 3	7:30PM – 8:15 PM	WASHINGTON-LIBERTY

ADULT SWIM FIT ACADEMY (14 and older): Pre-requisite: Swimmers must be able to tread water for 1 minute AND swim 25 yards each of freestyle and 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 will meet for 26 lessons during the Winter Term Please use the Winter 2023 Swim Academy Link on the Registration Portal**

Monday & Wednesday	Jan 6 – Apr 9	7:15 PM – 8:05 PM	WAKEFIELD
Tuesday & Thursday	Jan 6 – Apr 9	7:30 PM – 8:20 PM	WASHINGTON-LIBERTY

THANK YOU FOR CHOOSING THE APS AQUATICS SCHOOL

