



**APS SWIM SCHOOL – WINTER 2025 SESSION 2 (Saturdays)**

**January 25 – March 22, 2025**

No classes on February 15





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

**REGISTRATION opens January 14, 2025 at 8:30 AM**

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

**FEES: \$89.95 / 8-lessons or Academy \$135 / 12-lessons**

**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
 <b>BABIES &amp; TODDLERS (B&amp;T) (6 MOS-3 YEARS OLD)</b> Babies & 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.				
	<b>SATURDAY</b>	<b>Jan 25 – March 22</b>	<b>8:45 AM – 9:15 AM</b>	<b>WASHINGTON-LIBERTY</b>
 <b>PRE-K SCHOOL (3-5 YEARS OLD):</b> 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.				
	<b>SATURDAY</b>	<b>Jan 25 – March 22</b>	<b>9:00 AM – 9:30 AM</b>	<b>WASHINGTON-LIBERTY</b>
 <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.				
	<b>SATURDAY</b>	<b>Jan 25 – March 22</b>	<b>8:30 AM – 9:00 AM</b>	<b>WAKEFIELD</b>
	<b>SATURDAY</b>	<b>Jan 25 – March 22</b>	<b>9:10 AM – 9:55 AM</b>	<b>WAKEFIELD</b>
	<b>SATURDAY</b>	<b>Jan 25 – March 22</b>	<b>9:40 AM – 10:10 AM</b>	<b>WASHINGTON-LIBERTY</b>
	<b>SATURDAY</b>	<b>Jan 25 – March 22</b>	<b>10:45 AM – 11:15 AM</b>	<b>WASHINGTON-LIBERTY</b>
	<b>SATURDAY</b>	<b>Jan 25 – March 22</b>	<b>8:30 AM – 9:00 AM</b>	<b>YORKTOWN</b>
<b>SWIM SCHOOL (6-12 YEARS OLD):</b> 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>Jan 25 – March 22</b>	<b>9:10 AM – 9:55 AM</b>	<b>WAKEFIELD</b>
	<b>SATURDAY</b>	<b>Jan 25 – March 22</b>	<b>10:20 AM – 11:05 AM</b>	<b>WASHINGTON-LIBERTY</b>
	<b>SATURDAY</b>	<b>Jan 25 – March 22</b>	<b>11:35 AM – 12:20 AM</b>	<b>WAKEFIELD</b>
	<b>SATURDAY</b>	<b>Jan 25 – March 22</b>	<b>11:15 AM – 12:00 PM</b>	<b>WASHINGTON-LIBERTY</b>
	<b>SATURDAY</b>	<b>Jan 25 – March 22</b>	<b>10:30 AM – 11:15 AM</b>	<b>YORKTOWN</b>



**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 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.

<b>SATURDAY</b>	<b>Jan 25 – March 22</b>	<b>8:45 AM – 9:30 AM</b>	<b>WAKEFIELD</b>
<b>SATURDAY</b>	<b>Jan 25 – March 22</b>	<b>10:30 AM – 11:15 AM</b>	<b>WASHINGTON-LIBERTY</b>
<b>SATURDAY</b>	<b>Jan 25 – March 22</b>	<b>10:40 AM – 11:25AM</b>	<b>YORKTOWN</b>

**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 six 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.



<b>SATURDAY</b>	<b>Jan 25 – March 22</b>	<b>9:40 AM – 10:25 AM</b>	<b>WAKEFIELD</b>
<b>SATURDAY</b>	<b>Jan 25 – March 22</b>	<b>11:25 AM – 12:10 PM</b>	<b>WASHINGTON-LIBERTY</b>
<b>SATURDAY</b>	<b>Jan 25 – March 22</b>	<b>11:30AM – 12:15 PM</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. 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 and 10-minutes of new/advanced skills instruction. This Academy aims to provide a swim team-like experience without the pressures of competition. **Aqua Academy meets 12 times this term. The fee is adjusted to \$135.00 to reflect the extra lessons.**



<b>SATURDAY</b>	<b>Jan 25 – March 22</b>	<b>9:25 AM – 10:15 AM</b>	<b>WASHINGTON-LIBERTY</b>
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**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. An introduction to deep water safety skills is also included. Groups will focus on developing fundamental swim skills, refining the four competitive swim strokes, and building endurance, depending on swimmer interests and goals.

<b>SATURDAY</b>	<b>Jan 25 – March 22</b>	<b>8:30 AM – 9:15 AM</b>	<b>WASHINGTON-LIBERTY</b>
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**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, 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>Jan 25 – March 22</b>	<b>8:30 AM – 9:15 AM</b>	<b>WASHINGTON-LIBERTY</b>
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**THANK YOU FOR CHOOSING THE APS AQUATICS SCHOOL**

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