

APS SWIM SCHOOL – FALL 2025 SESSION 2 (Saturdays)

September 13 November 8, 2025

No classes on October 11 703-228-6263 / 6264

REGISTER USING THIS LINK - APS AQUATICS SELF-SERVICE PORTAL

REGISTRATION opens August 14, 2025 at 8:30 AM

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

FEES: \$92.75 / 8-lessons

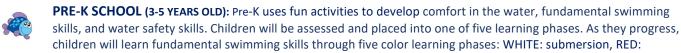
To register for ACADEMY please the portal name Academy - Fall 2025

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 & Toddlers focuses on building confidence and						

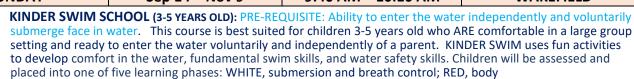
comfort in the water with a fun and loving experience while educating adults in water safety and drowning prevention. This course does NOT teach children to swim or to survive in the water. The course is organized into five (5) color learning phases: WHITE: trust and comfort, RED: body positions, YELLOW: submersion, BLUE: air recovery and rollover, and GREEN: forward movement. One adult must be in the water, and a second adult is welcome.

SATURDAY	Sep 13 – Nov 8	9:20 AM – 9:50 AM WASHINGTON-LII		
SATURDAY	Sep 13 – Nov 8	11:20 AM – 11:50 AM	YORKTOWN	
SUNDAY	Sep 14 – Nov 9	9:00 AM – 9:30 AM	WAKEFIELD	



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	Sep 13 – Nov 8	10:40 AM – 11:20 AM	YORKTOWN	
SATURDAY	Sep 13 – Nov 8	10:00 AM – 10:30 AM	WASHINGTON-LIBERTY	
SUNDAY	Sep 14 – Nov 9	9:40 AM – 10:10 AM	WAKEFIELD	



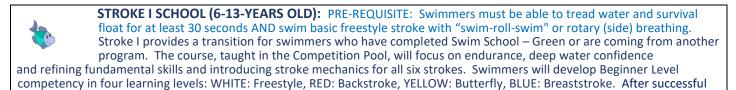
position and air recovery; YELLOW, forward movement and direction change; BLUE, rotary movement; and GREEN, integrated movement. Each learning phase also includes water safety and self-rescue skills.

SATURDAY	Sep 13 – Nov 8	9:55 AM – 10:25 AM	YORKTOWN	
SATURDAY	Sep 13 – Nov 8	10:40 AM – 11:20 AM	WASHINGTON-LIBERTY	
SUNDAY	Sep 14 – Nov 9	10:20 AM – 10:50 AM	WAKEFIELD	

SWIM SCHOOL (6-12 YEARS OLD): Swim School uses age-appropriate activities to develop fundamental swimming and water safety skills. Children will be assessed and placed into one of five learning phases. As they progress, children will learn fundamental swimming 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.



SATURDAY	Sep 13 – Nov 8	9:00 AM – 9:45 AM	YORKTOWN
SATURDAY	Sep 13 – Nov 8	11:20 AM – 12:05 AM	WASHINGTON-LIBERTY
SUNDAY	Sep 14 – Nov 9	11:00 AM – 11:45 PM	WAKEFIELD



SATURDAY	Sep 14 – Nov 9	9:30 AM – 10:15 AM	WASHINGTON-LIBERTY
SATURDAY	Sep 14 – Nov 9	10:20 AM – 11:05 AM	YORKTOWN
SUNDAY	Sep 14 – Nov 9	9:00 AM – 9:45 AM	WAKEFIELD

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.

SATURDAY	April 26 – June 21	10:20 AM – 11:05 PM	WASHINGTON-LIBERTY
SATURDAY	April 26 – June 21	11:15 AM – 12:00 PM	YORKTOWN
SUNDAY	April 26 – June 21	9:55 AM – 10:40 AM	WAKEFIELD

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 swimming 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.

completion of STROKE I, swimmers may enroll in STROKE II.

SATURDAY	Sep 13 – Dec 13	8:30 AM – 9:20 AM	WASHINGTON-LIBERTY
SUNDAY	Sep 14 – Dec 14	10:50 AM – 11:40 AM	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. 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.

SATURDAY April 26 – June 21 8:30 AM – 9:15 AM 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, 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.

SATURDAY	April 26 – June 21		8:30 AM – 9:15 AM		WASHINGTON-LIBERTY		
FALL 2025 SEMESTER							
	Session 1 Session 2 Session 3 Session 4						
Session Dates Registration	Sept 8 – Oct 9 August 12	-	Pt 13 – Nov 8 Oct 14- Nov 18 August 14 September 30		_	Nov 19- Dec 18 November 4	
FALL ACADEMY	Sept 8 – Dec 18 (Registration Open August 11)						
WINTER 2026 SEMESTER							

Session DatesJan 12- Feb 11Jan 10- Mar 15Feb 23 - Mar 18RegistrationDecember 18December 16February 5

helena.machado@apsva.us

703-228-6264/6263

