

The AMARILLO TOWN CLUB has long been Amarillo's top choice for swim lessons. With both private and group lessons available for all ages and abilities, ATC is an affordable, convenient, and safe place to learn to swim. Our certified swim instructors focus on water safety along with swimming technique, form, breathing and speed - all in a safe and friendly environment. Sign up today and see why ATC is Amarillo's top choice for swim lessons.

# LET'S SWIM TOGETHER.

## GROUP SWIM LESSONS

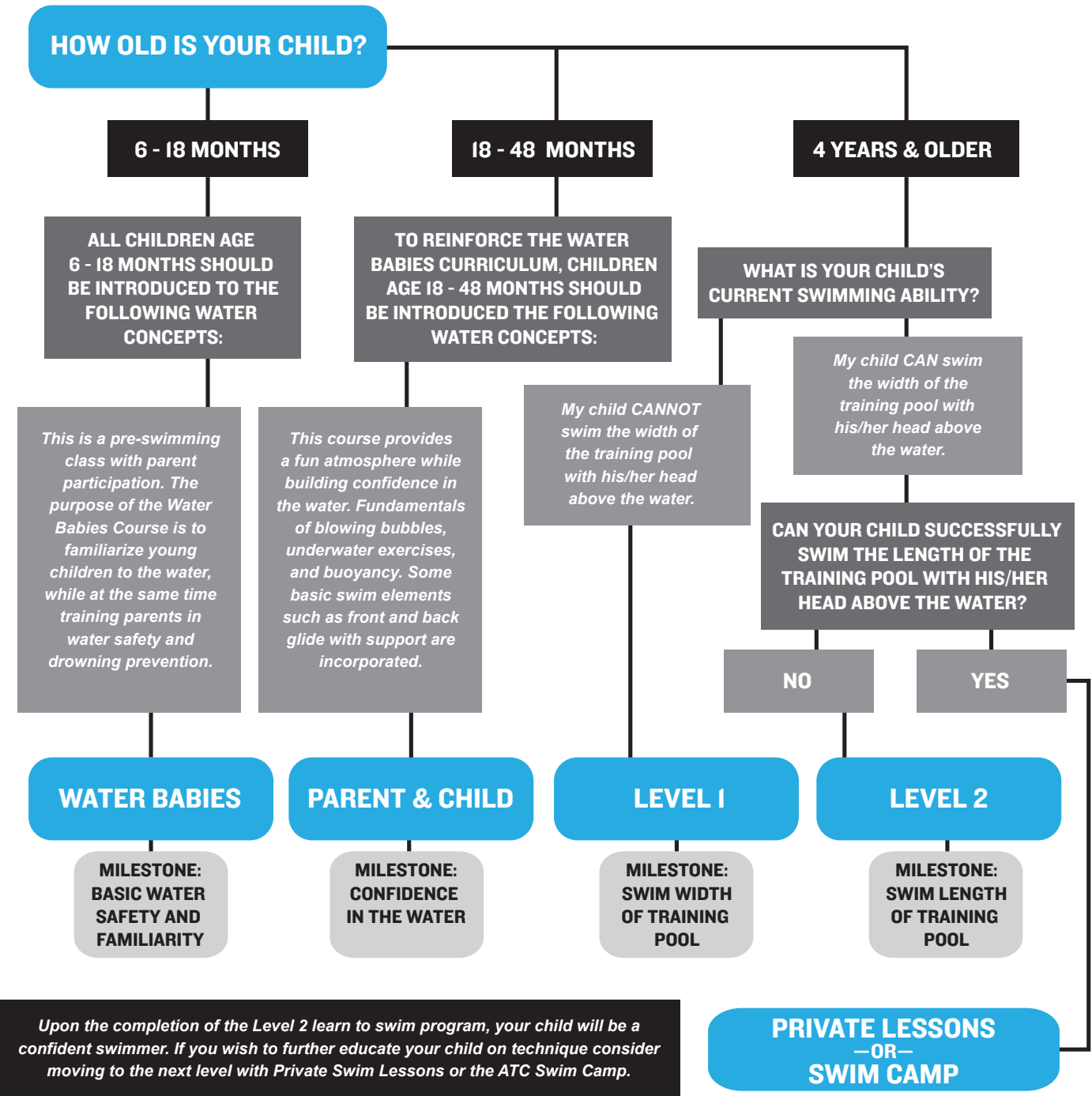


*To get started, please call (806) 468-0391,  
email [dcattaneo@amarillotownclub.com](mailto:dcattaneo@amarillotownclub.com),  
or visit [www.AmarilloTownClub.com/SwimLessons](http://www.AmarilloTownClub.com/SwimLessons)*

# GROUP SWIM LESSONS

## CHOOSING THE RIGHT CLASS FOR YOUR CHILD

The ATC Group Swim Lessons Curriculum consists of courses containing age-appropriate activities that focus on the development of core swimming competencies and, once achieved, development of proper stroke technique. It is important that students enroll in a course that is age and developmentally appropriate. Utilizing the flow-chart below, you can assess your child's unique skill level and developmental progression to determine what class would be best for their swim progression.



# GROUP SWIM LESSONS

## PRICING & SCHEDULE

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### **WATER BABIES CLASS – Members \$40 / Non-Members \$60**

6 to 18 months old, five students max, (4) 1/2 hour sessions  
*Water Babies classes are Monday/Wednesday for two weeks (4 lessons).*

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### **PARENT & CHILD – Members \$40 / Non-Members \$60**

18 to 48 months old, five students max, (4) 1/2 hour sessions  
*Parent/child classes are Tuesday/Thursday for two weeks (4 lessons).*

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### **LEARN TO SWIM: LEVEL 1-2 – Members \$95 / Non-Members \$145**

4 years old and older, five students max, (8) 1/2 hour sessions  
*Level classes run Monday through Thursday for two weeks (8 lessons).*

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### **2016 AVAILABLE SESSIONS** (All sessions are 1/2 hour)

**SESSION 1:** APRIL 4 – 14 | 4:00pm, 4:45pm, 5:30pm, 6:15pm

**SESSION 2:** APRIL 18 – 28 | 4:00pm, 4:45pm, 5:30pm, 6:15pm

**SESSION 3:** MAY 2 – 12 | 9:40am, 10:20am, 4:00pm, 4:45pm, 5:30pm, 6:15pm

**SESSION 4:** MAY 16 – 26 | 9:40am, 10:20am, 4:00pm, 4:45pm, 5:30pm, 6:15pm

**SESSION 5:** JUNE 1 – JUNE 9 | 9:40am, 10:20am, 4:00pm, 4:45pm, 5:30pm, 6:15pm

**SESSION 6:** JUNE 13 – 23 | 9:40am, 10:20am, 4:00pm, 4:45pm, 5:30pm, 6:15pm

**SESSION 7:** JUNE 27 – July 7 | 9:40am, 10:20am, 4:00pm, 4:45pm, 5:30pm, 6:15pm

**SESSION 8:** JULY 11 – 21 | 9:40am, 10:20am, 4:00pm, 4:45pm, 5:30pm, 6:15pm

**SESSION 9:** JULY 25 – AUGUST 4 | 9:40am, 10:20am, 4:00pm, 4:45pm, 5:30pm, 6:15pm

**SESSION 10:** AUGUST 8 – 18 | 4:00pm, 4:45pm, 5:30pm, 6:15pm

**SESSION 11:** AUGUST 22 – SEPTEMBER 1 | 4:00pm, 4:45pm, 5:30pm, 6:15pm

**SESSION 12:** SEPTEMBER 5 – 15 | 4:00pm, 4:45pm, 5:30pm, 6:15pm

**SESSION 13:** SEPTEMBER 19 – 29 | 4:00pm, 4:45pm, 5:30pm, 6:15pm

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*For more information, please visit the ATC Front Desk or contact our*

*Aquatics Department at (806) 468-0391 or email [dcattaneo@amarillotownclub.com](mailto:dcattaneo@amarillotownclub.com)*

# GROUP SWIM LESSONS CURRICULUM

The ATC Group Swim Lessons Curriculum consists of courses containing age-appropriate activities that focus on the development of core swimming competencies and, once achieved, development of proper stroke technique. It is important that students enroll in a course that is age appropriate. Regardless of age, each student will work at his or her individual level of swimming development within a lesson. All children will be individually assessed as to what level and what class would be best for their swim progression.

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## WATER BABIES COURSE CURRICULUM AGES 6-18 MONTHS

Parent/Caregiver & Child | four 30 minute lessons (two times per week for two weeks, Monday/Wednesday)

This is a pre-swimming class with parent participation. The purpose of the Water Babies Course is to familiarize young children to the water, while at the same time training parents in water safety and drowning prevention. This course will provide a fun, confidence-building water experience by incorporating the skills of blowing bubbles, explore submerging mouth, nose, and eyes under water, explore buoyancy on the front and back position, and change body position in water with assistance. The purpose of this course is to familiarize young children to the water and introduce them to the basic structure of a swimming lesson. It is not designed to teach children to become good swimmers or to survive in the water on their own. A maximum ratio of 1 instructor to 5 children is permitted. Class will be held in the ATC Training Pool.

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## PARENT & TOT COURSE CURRICULUM AGES 18-48 MONTHS

Parent/Caregiver & Child | four 30 minute lessons (two times per week for two weeks, Tuesday/Thursday)

The Parent & Tot is a pre-swimming class with parent participation. This course provides a fun atmosphere while building confidence in the water. We will introduce the fundamentals of blowing bubbles, underwater exercises, and buoyancy. Some basic swim elements such as front and back glide with support are incorporated. In addition, parents and children will learn basic water safety rules, how to avoid water hazards by asking permission, and how to call for help. This course will be considered one level above the Water Babies Course and is not designed to teach children to become good swimmers or to survive in the water on their own. It is designed to prepare them to learn to swim in the ATC level 1 class. Class will be held in the ATC Training Pool.

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## LEARN TO SWIM: LEVEL 1-2 CURRICULUM AGES 4 YEAR & OLDER

Eight 30 minute lessons (four times per week for two weeks)

### LEVEL 1

The Level 1 course is designed to meet the needs of four year olds and up through elementary age. This course will develop a higher comfort level in the water, safe practices in and around water, and good swim habits. For those children who are developmentally ready, it will teach beginning swim skills. Students work toward accomplishing the seven core competencies as listed below and receive recognition that shows the child has obtained a solid understanding of the skill and can achieve it with or without assistance.

- Blowing bubbles and bobbing
- Retrieve submerged objects
- Roll from back to front
- Front and back glides and floats
- Tread water using arm and hand actions
- Swim the length of the training pool with fins or with the use of front flotation device
- Swim the width of the training pool using combined arm and leg actions

**Safety Skill:** Always ask permission before getting in the water.

At this level the parent and child may elect to repeat this course until these skills are accomplished or advance to Level 2.

### LEVEL 2

The Level 2 course is designed to give participants success with fundamental skills by working towards and accomplishing the 9 core competencies as listed below. The child receives recognition that show they have obtained a solid understanding of the skill and can achieve it assisted or unassisted dependent on the activity. The Level 2 course is designed for preschoolers on up through elementary age. A maximum ratio of one instructor to 5 students is permitted.

- Successful demonstration of Level 1 core competencies
- Fully submerged and holding breath
- Opening eyes underwater and retrieving submerged objects
- Unassisted front and back glides and floats
- Roll from front to back and back to front
- Tread water using arm and leg action
- Combined arm and leg actions on front and back
- Assisted roll from streamline to starfish
- Swim the length of the training pool using combined arm and leg actions

**Safety Skill:** Learn how to recognize an emergency and how to call for help

At this level the parent and child may elect to repeat this course until these skills are accomplished or advance to Private Swim Lessons.

# GROUP SWIM LESSONS

## POLICY & INFORMATION

### **POLICY**

- No Make-up classes for missed swimming lessons.
  - Rescheduling or refunds are at the discretion of ATC.
  - All Children are evaluated on the first day of class to ensure that they are participating with student of a similar skill level. Adjustments will be made as deemed necessary and as space permits.
  - Payment is required prior to lesson starting.
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### **INFORMATION**

- Any participant needed to dress for swimming lessons must do so in the locker rooms.
- Participants need to meet in their designated areas for instructors prior to class starting.
- During swimming lesson times, pool is not available for free swim; participants must exit the water at the end of the class.
- Swim goggles are permitted during swimming lessons.

### **INFORMATION SPECIFIC TO EACH TYPE OF LESSON:**

#### ***Water Babies & Parent Child Classes***

- On the first day of class Water Babies and Parent/Child classes will meet in the pool lounge.
- Any child not toilet trained must wear swim diaper.

#### ***Group Level 1 – 2 & Adult Lessons***

- On the first day of class, classes will meet in the pool lounge.
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# WHY SHOULD I ENROLL MY CHILD IN SWIM LESSONS?

Swimming is a valuable skill for both children and adults, but is best learned as a child for a variety of reasons. Swimming is an activity that can be done throughout the year in pools, lakes, and oceans. Different activities can be done in these areas such as boating, diving, swimming and playing in the water. Children should learn to swim for health and safety reasons as well as to enhance personal enjoyment.

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## **SAFETY**

Knowing how to swim is essential for water safety. Children should be taught to swim in a safe environment, and they should learn not only swimming strokes but basic water safety techniques, such as how to float and tread water for extended periods of time. However, children should always be supervised in the water regardless of their swimming ability.

## **FITNESS**

Swimming is important for fitness and is one activity that can be done throughout the lifespan. Since swimming is done in the water there is minimal impact on the joints. United States Masters Swimming cites that swimming can aid in the development of both strength and cardiovascular health. Children need this and it teaches them good habits that they can use for the rest of their lives.

## **PHYSICAL DEVELOPMENT**

Swimming can aid physical development in children. Swimming requires coordination of both the arms and the legs, something that many other sports and activities don't offer. Strokes like breaststroke and butterfly involve the arms and legs doing very different motions at the same time. This helps the development of coordination and gross motor skills. In addition, this will help children develop higher level thinking skills as they are forced to think about their movements.

## **SOCIAL OPPORTUNITIES**

Enrolling a child in swimming lessons provides them with social opportunities. Most swim lessons are taught in a group and children will learn how to be patient and take their turn. In swim lessons, children learn that rough playing in the water can hurt others and they learn to take responsibility for others while they are swimming. In addition, many children go from swimming lessons to swim team and develop lasting friendships with the people they meet.

# GROUP SWIM LESSONS ENROLLMENT

STUDENT: \_\_\_\_\_ AGE: \_\_\_\_\_ DOB: \_\_\_\_/\_\_\_\_/\_\_\_\_

PARENT/GUARDIAN NAME: \_\_\_\_\_

CONTACT: (HOME) \_\_\_\_\_ (MBL) \_\_\_\_\_

EMAIL: \_\_\_\_\_

MEMBER: Yes \_\_\_\_\_ No \_\_\_\_\_ (If non-member, complete and attach non-member form)

Please select one of the following:

- WATER BABIES CLASS – Members \$40 / Non-Members \$60**  
6 to 18 months old, five students max, (4) 1/2 hour sessions  
*Water Babies classes are Monday/Wednesday for two weeks (4 lessons).*
- PARENT & CHILD – Members \$40 / Non-Members \$60**  
18 to 48 months old, five students max, (4) 1/2 hour sessions  
*Parent/child classes are Tuesday/Thursday for two weeks (4 lessons).*
- LEARN TO SWIM: LEVEL 1-2 – Members \$95 / Non-Members \$145**  
4 years old and older, five students max, (8) 1/2 hour sessions  
*Level classes run Monday through Thursday for two weeks (8 lessons).*

REQUESTED SESSION: \_\_\_\_\_ REQUESTED TIME: \_\_\_\_\_

**CURRENT SWIMMING ABILITY** (Check all that apply):

- |  |   |
|--|---|
| <input type="checkbox"/> Moderate fear of the water        | <input type="checkbox"/> Jump in unassisted                         |
| <input type="checkbox"/> No fear of the water              | <input type="checkbox"/> Sitting dive                               |
| <input type="checkbox"/> Blows bubbles                     | <input type="checkbox"/> Can be completely submerged                |
| <input type="checkbox"/> Assisted back float               | <input type="checkbox"/> Front float with use of a flotation device |
| <input type="checkbox"/> Unassisted back float             | <input type="checkbox"/> Do front/back float unassisted             |
| <input type="checkbox"/> Roll front to back unassisted     | <input type="checkbox"/> Swim with assistance                       |
| <input type="checkbox"/> Can transition from float to swim | <input type="checkbox"/> Swim unassisted                            |

**OTHER COMMENTS:**

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

\*\*\*\*\*FOR OFFICE USE ONLY\*\*\*\*\*

Payment Date: \_\_\_\_/\_\_\_\_/\_\_\_\_ Amount: \$ \_\_\_\_\_  Cash  Credit  Check# \_\_\_\_\_

Level Assigned: \_\_\_\_\_ Session: \_\_\_\_\_ At this time: \_\_\_\_:\_\_\_\_ - \_\_\_\_:\_\_\_\_

Blue Card: \_\_\_\_\_ Member Number: \_\_\_\_\_