

ETMC Olympic Center Children's Swim Lessons

- Children's Swim Lessons offered by the Olympic Center Aquatics Department of East Texas Medical Center at our Tyler facility in the ETMC Rehabilitation Center
- Classes will be offered at our indoor pool on **Saturdays**
- Parking is free in the parking garage connected to our Tyler facility
- Class sizes are limited to allow individual attention
- Payments may be made by either: cash, check, credit card or ETMC employee payroll deduction (max of 2 deductions); **payment is required to hold your child's place in the class**
- Call **(903) 596-3150** or stop by the OC Shop on the 2nd floor of the rehab center to register

Instructor: Gay Tyra, BS

Program Fee*:

	<u>Splash Babies</u>	<u>All Other Classes</u>
Olympic Center Member	\$ 50.00	\$65.00
ETMC Employee	\$ 50.00	\$65.00
Non-member	\$ 55.00	\$75.00

***No refunds after class starts**

2009 Swim Lessons Dates

Session 1

January 10, 17, 24, 31 and February 7 and 14

Session 2

February 28, March 7, 14, 21, 28 and April 4

Session 3

April 18, 25, May 2, 9, 16 and 23

Session 4

June 6, 13, 20, 27, July 11 and 18 (no class July 4)

Session 5

August 1, 8, 15, 22, 29 and September 5

Session 6

September 19, 26, October 3, 10, 17, and 24

Session 7

November 7, 14, 21, 28, December 5 and 12

2009 Children's Swim Lessons Class Times

Class	Class 1 Time	**Class 2 Time	Class Minimum	Class Max
Splash Babies	10:00am - 10:30am	TBD	5	10
Aqua Ducks	10:45am - 11:30am	1:45pm - 2:30pm	4	6
Turtles	11:45am - 12:30pm	2:45pm - 3:30pm	5	8
Dolphins	12:45pm - 1:30pm	TBD	5	8
Sharks	5:00pm - 5:45pm	TBD	5	8

**** Class 2 makes ONLY AFTER Class 1 is completely filled .**

Class Descriptions:

Splash Babies (6months to 2 ½ yrs) In this program the child is introduced to the water in a safe and pleasant manner. The course is designed to develop a sense of water confidence where the child enjoys and appreciates the water. The use of fun songs and games such as bubble blowing helps promote an enjoyable aquatic atmosphere for both the infants and their parents. Parent or guardian participation is required. This class offers a soothing and positive environment for the children to explore their surroundings and become familiar with the water properties.

Aqua Ducks (3 to 5 yrs) This class is structured to build on previous skills and water experiences. This program continues building confidence by promoting water awareness, and familiarization. The swimmer should now be ready to take part in group lessons without parent support. The child learns about balance, buoyancy, and controlled swimming movements.

Turtles In this class the child begins to develop swimming strokes, survival abilities, and safety awareness. The child also begins to practice more recognized swimming styles and concepts of moving through the water.

Dolphins This course emphasizes further development of stroke skills and endurance. There is continued refinement of safety and survival skills. The child progresses to advanced standards for the basic swimming strokes. The child also learns energy efficient swimming techniques and the ability to survive when in or around the water.

Sharks This course teaches advanced stroke techniques and concepts. All the recognized swimming strokes are refined. The child is taught appreciation of swimming efficiency and fluid movements. Streamlining and proficient body mechanics are emphasized. This class may be used as a springboard for competitive swimming.