



**TOWN OF WARRENTON**  
Parks & Recreation

# SWIM LESSON CLASS DESCRIPTIONS

**Please note that swim lesson participants may need to repeat lessons until the student is comfortable enough with the skills to progress to the next level.**

## parent & child 1 (6 months - 3 years)

**Water first!** Explore the wonders of the water through songs, toys, and games. Adults learn proper holding techniques to provide a safe, secure, and fun environment for their little ones.

## parent & child 2 (ages 1 1/2 - 3 years)

**Water wigglers!** This class is for the parent & child who have completed Parent & Child 1 and are ready to continue to build on skills learned in Parent & Child 1.

## parent & child 1 & 2 (6 months - 3 years)

**Water first & Water wigglers!** This class is a combined Parent & Child 1 & 2 class.

## preschool 1 (ages 3-5 years)

**Preschooler new to swim lessons?** While enjoying the water and gaining confidence, preschoolers learn basic skills including getting their faces wet, blowing bubbles, and floating.

## preschool 2 (ages 3-5 years)

**Do you have a preschooler who doesn't mind getting their face wet?** This class works on transitioning the preschooler into independent performance of skills. Skills include gliding, floating and using combined arm and leg actions. Skills can be performed with assistance from instructor.

## preschool 3 (ages 3-5 years)

**Is your preschooler water savvy and ready to swim unassisted?** This class is for the independent preschooler. Preschoolers work on swimming 3-5 body lengths and floating on their backs for 15 seconds unassisted.

## youth 1 (ages 6 - 10 years)

**Is your child new to swim lessons and in need of a gentle introduction?** Swimmers learn water safety skills, breathing, buoyancy, basic locomotion, and gliding 2 body lengths.

## youth 1 & 2 (ages 6 - 12 years)

Swimmers learn and continue their water safety skills, breathing, buoyancy, locomotion and increase gliding skills to 5 body lengths and floating on their backs for 15 seconds. Rotary breathing, front, tuck, and jelly fish floats are introduced.

## youth 2 (ages 6 - 12 years)

**Does your swimmer love to jump into the water?** Swimmers continue water safety skills, breathing, buoyancy, locomotion and increase gliding skills to 5 body lengths and floating on their backs for 15 seconds. Rotary breathing, front, tuck, and jelly fish floats are introduced.

## youth 3 (ages 6 - 12 years)

**Ready to develop your inner swimmer? Does your swimmer swim front crawl 15 yards?** Your swimmer will expand their stroke development with addition of elementary backstroke, scissor and breaststroke kick. Swimmers strive to improve their endurance, buoyancy, rotary breathing, and front crawl. Progression of diving is introduced.

## youth 4 & 5 (ages 6 - 14 years)

**Ready to fly and go the distance?** Emphasis is on maintaining a strong front crawl and elementary backstroke, with the addition of breaststroke, sidestroke and butterfly, while adding more distance! Open turns, flip turns, and dives are practiced.

# SWIM LESSON REGISTRATION

## Registering for swim lessons is as easy as 1 - 2 - 3!

1. Choose your class based on age and ability level. See class descriptions.
2. Choose day(s) of the week and time slot.
3. Have fun watching your child learn to swim!

## To Register!

To register, please go to <https://warrentonva.clubautomation.com>. Payment is due at the time of registration. First-time users will need to call our Customer Service Specialists at (540) 349-2520 or email [parksandrec@warrentonva.gov](mailto:parksandrec@warrentonva.gov) for initial account access.

## IMPORTANT INFORMATION:

### STUDENT PLACEMENT & ADVANCEMENT

Please read the descriptions of each class to register for the appropriate skill level. Each level is based on a progression of swimming skills and **may need to be repeated until the student is comfortable enough with the skills to progress to the next level.**

### GOGGLES

It is recommended that students not wear goggles while in lower level classes. Goggles can be worn in Level 3 and Level 4-5 once students are working on developing and improving their strokes.

### WAIT LISTS

If a class reaches the maximum number of participants, you have the option of going on a wait list or selecting a different class. Individuals on wait lists will be contacted if and when spots become available.

### CLASS MAKE-UPS

You may only attend classes for which you are registered. No make-ups are allowed in other classes. If the WARF cancels a class, every effort will be made to provide a make-up class.

### CANCELLATION AND REFUND POLICY

If you cancel your class prior to the close of registration, you will receive a credit for another class in another session. If the WARF cancels a class due to low enrollment and we cannot place you in another suitable class, you will receive a credit to another class in another session. If you

are not able to participate in another session, please fill out a refund request form to be reviewed by management staff. Please allow 1-2 weeks for a check refund. If you cancel your class prior to the close of registration you will receive a refund minus a \$10.00 cancellation fee. No refunds are available once classes have begun.

### CLASS MINIMUM REQUIREMENTS

All classes must meet the minimum number of participants requirement. If your class selection does not meet that requirement, you will be notified by phone or email prior to the scheduled start date. All classes that do not have the minimum number of participants will a) be combined with another similar class to meet the minimum requirements or b) be cancelled.

### DIAPERS

Non-potty trained participants must wear swim diapers under swim suit – no disposable or cloth diapers, please.

### RED CROSS SWIM MOBILE APPLICATION

The Red Cross Swim Mobile App supports and promotes the American Red Cross Swimming and Water Safety program. Children learn about water safety through video segments that have age appropriate messaging and quizzes for the parent and child to complete together. The app can be found at [www.redcross.org/prepare/mobile-apps](http://www.redcross.org/prepare/mobile-apps) and downloaded.