

## Youth Swim

### Swim Class Registration

Registration is limited to one swim class per session.

1. A waitlist will be established once classes are filled.
2. Participants must be at least six years of age to register for youth level classes.
3. Concerned about what level to register for? Contact Kim at [kurquhart@abgclub.org](mailto:kurquhart@abgclub.org).

### Locker Room Safety Rules

1. Food, gum, beverages, and glass items are NOT allowed.
2. Do NOT stand on the benches.
3. NO running or chasing in the locker room.
4. Shower before entering the pool.
5. Use of a cell phone in any of the locker room areas is NOT allowed.
6. The Club is NOT responsible for lost or stolen items.
7. Report all losses or injury to the front desk staff.
8. The contents of the lockers will be removed daily and unclaimed items will be donated to charity.
9. Lockers may not be used to store items overnight. Personal locks will be cut off and discarded and items will be confiscated.

### Locker Room Access

1. We encourage families to have children come to the Club dressed in their bathing suits to make for an easier transition into the pool for your lesson.
2. Children age six or older are not allowed in the locker room of the opposite gender; two individual restrooms and changing rooms are available next to the Learning Center for those who still require assistance from caregiver.
3. Locker rooms are closed to adults from 9:00-5:00 PM when our youth programs are in session.
4. During these hours children will need to use the locker rooms independently or the individual changing rooms available next to the Learning Center or in the pool area.
5. During these hours all adults must use the individual restrooms available next to the Learning Center.
6. Children are welcome to use the locker room that best aligns with their gender identity.

### Semi-Private Swim Lessons

There will be 2-3 children ages 6 and older in each class. The goal is to improve the skills that they have and to introduce new skills. Red Cross Swim Level requirements will be covered.

Activity #	Day	Time	Date	Fee
<b>Level 1</b>				
421031-B2	M-Th	10:20-10:50 AM	6/29-7/2	\$170
421031-B4	M-F	10:20-10:50 AM	7/13-7/17	\$213
421031-B6	M-F	10:20-10:50 AM	7/27-7/31	\$213
421031-B8	M-F	10:20-10:50 AM	8/10-8/14	\$213
<b>Level 2</b>				
421012-B1	M-F	9:10-9:40 AM	6/22-6/26	\$213
421012-B2	M-Th	9:10-9:40 AM	6/29-7/2	\$170
421032-B2	M-Th	10:20-10:50 AM	6/29-7/2	\$170
421012-B4	M-F	9:10-9:40 AM	7/13-7/17	\$213
421032-B4	M-F	10:20-10:50 AM	7/13-7/17	\$213
421012-B6	M-F	9:10-9:40 AM	7/27-7/31	\$213
421032-B6	M-F	10:20-10:50 AM	7/27-7/31	\$213
421012-B8	M-F	9:10-9:40 AM	8/10-8/14	\$213
421032-B8	M-F	10:20-10:50 AM	8/10-8/14	\$213
<b>Level 3</b>				
421033-B1	M-F	10:20-10:50 AM	6/22-6/26	\$213
421033-B2	M-Th	10:20-10:50 AM	6/29-7/2	\$170
421033-B4	M-F	10:20-10:50 AM	7/13-7/17	\$213
421033-B6	M-F	10:20-10:50 AM	7/27-7/31	\$213
421033-B8	M-F	10:20-10:50 AM	8/10-8/14	\$213
<b>Level 4</b>				
421024-B2	M-Th	9:45-10:15 AM	6/29-7/2	\$170
421024-B4	M-F	9:45-10:15 AM	7/13-7/17	\$213
421024-B6	M-F	9:45-10:15 AM	7/27-7/31	\$213
421024-B8	M-F	9:45-10:15 AM	8/10-8/14	\$213
<b>Level 5</b>				
421025-B1	M-F	9:45-10:15 AM	6/22-6/26	\$213
421025-B2	M-Th	9:45-10:15 AM	6/29-7/2	\$170
421025-B4	M-F	9:45-10:15 AM	7/13-7/17	\$213
421025-B6	M-F	9:45-10:15 AM	7/27-7/31	\$213
421025-B8	M-F	9:45-10:15 AM	8/10-8/14	\$213
<b>Level 6</b>				
421016-B2	M-Th	9:10-9:40 AM	6/29-7/2	\$170
421016-B4	M-F	9:10-9:40 AM	7/13-7/17	\$213
421016-B6	M-F	9:10-9:40 AM	7/27-7/31	\$213
421016-B8	M-F	9:10-9:40 AM	8/10-8/14	\$213

### Youth Level 1: Introduction to Water Skills Ages 6 & Up

**Purpose:** Comfort in water. Basic water safety rules. Bobbing, blowing bubbles, and locating a submerged object. Swimming and floating on front and back.

Activity #	Day	Time	Date	Fee
421071-AA	M-F	3:30-4:00 PM	6/8-6/12	\$99
421071-AB	M-Th	3:30-4:00 PM	6/15-6/18	\$79
421711-B3	M-F	9:10-9:40 AM	7/6-7/10	\$99
421711-B5	M-F	9:10-9:40 AM	7/20-7/24	\$99
421711-B7	M-F	9:10-9:40 AM	8/3-8/7	\$99
421711-B9	M-F	9:10-9:40 AM	8/17-8/21	\$99

### Youth Level 2: Fundamental Aquatic Skills Ages 6 & Up

**Purpose:** Submerging entire head. Front & back glide. Treading water using arms & legs. Water safety rules. Bobbing in water, floating, swimming using combined stroke on front & back. Includes time in the shallow-end & the deep-end.

Activity #	Day	Time	Date	Fee
421072-AA	M-F	4:05-4:35 PM	6/8-6/12	\$99
421072-AB	M-Th	4:05-4:35 PM	6/15-6/18	\$79
421722-B3	M-F	9:45-10:15 AM	7/6-7/10	\$99
421722-B5	M-F	9:45-10:15 AM	7/20-7/24	\$99
421722-B7	M-F	9:45-10:15 AM	8/3-8/7	\$99
421722-B9	M-F	9:45-10:15 AM	8/17-8/21	\$99

### Youth Level 3: Stroke Development Ages 6 & Up

**Purpose:** Build on Level 2 skills with additional guided practice. Front and back glide, front crawl, elementary backstroke. Sitting and kneeling dive. Rotary breathing. Survival float & back float, scissor/dolphin/breast stroke kick. **This is a deep-end class.**

Activity #	Day	Time	Date	Fee
421073-AA	M-F	3:30-4:00 PM	6/8-6/12	\$99
421073-AB	M-Th	3:30-4:00 PM	6/15-6/18	\$79
421743-B1	M-F	3:30-4:00 PM	6/22-6/26	\$99
421723-B3	M-F	9:45-10:15 AM	7/6-7/10	\$99
421733-B3	M-F	10:20-10:50 AM	7/6-7/10	\$99
421723-B5	M-F	9:45-10:15 AM	7/20-7/24	\$99
421733-B5	M-F	10:20-10:50 AM	7/20-7/24	\$99
421723-B7	M-F	9:45-10:15 AM	8/3-8/7	\$99
421733-B7	M-F	10:20-10:50 AM	8/3-8/7	\$99
421723-B9	M-F	9:45-10:15 AM	8/17-8/21	\$99
421733-B9	M-F	10:20-10:50 AM	8/17-8/21	\$99

### Youth Level 4: Stroke Improvement Ages 6 & Up

**Purpose:** Develop confidence in strokes & aquatic skills. Safe diving rules. Dive from a compact & stride position. Survival float, back float, elementary backstroke, breaststroke, butterfly, side stroke & throwing assist. Front & back crawl, open turn on front & back. **Swim 25 yards.**

Activity #	Day	Time	Date	Fee
421074-AA	M-F	4:05-4:35 PM	6/8-6/12	\$99
421074-AB	M-Th	4:05-4:35 PM	6/15-6/18	\$79
421744-B1	M-F	3:30-4:00 PM	6/22-6/26	\$99
421754-B1	M-F	4:05-4:35 PM	6/22-6/26	\$99
421714-B3	M-F	9:10-9:40 AM	7/6-7/10	\$99
421714-B5	M-F	9:10-9:40 AM	7/20-7/24	\$99
421714-B7	M-F	9:10-9:40 AM	8/3-8/7	\$99
421714-B9	M-F	9:10-9:40 AM	8/17-8/21	\$99

### Youth Level 5: Stroke Refinement Ages 6 & Up

**Purpose:** Provide coordination and refine strokes, survival swimming, shallow angle dive, front and back crawl. Tuck and pike surface dive. Front crawl and backstroke, flip turns. Elementary backstroke, butterfly, breaststroke, sidestroke. **Swim 50 yards.**

Activity #	Day	Time	Date	Fee
421755-B1	M-F	4:05-4:35 PM	6/22-6/26	\$99
421735-B3	M-F	10:20-10:50 AM	7/6-7/10	\$99
421735-B5	M-F	10:20-10:50 AM	7/20-7/24	\$99
421735-B7	M-F	10:20-10:50 AM	8/3-8/7	\$99
421735-B9	M-F	10:20-10:50 AM	8/17-8/21	\$99



## Tot Swim

### Swim Class Registration

Limited to one swim class per session.

1. A waitlist will be established once classes are filled.
2. Children who register for a tot swim class without a caregiver must be at least 34 inches to chin level.
3. Children not toilet trained must wear swim diapers or rubber pants over diapers.
4. Concerned about what level to register for? Contact Kim at [kurquhart@abgclub.org](mailto:kurquhart@abgclub.org).

### Locker Room Safety Rules

1. Food, gum, beverages, and glass items are NOT allowed.
2. Do NOT stand on the benches.
3. NO running or chasing in the locker room.
4. Shower before entering the pool.
5. Use of a cell phone in any of the locker room areas is NOT allowed.
6. The Club is NOT responsible for lost or stolen items.
7. Report all losses or injury to the front desk staff.
8. The contents of the lockers will be removed daily and unclaimed items will be donated to charity.
9. Lockers may not be used to store items overnight. Personal locks will be cut off and discarded and items will be confiscated.

### Locker Room Access

1. We encourage families to have children come to the Club dressed in their bathing suits to make for an easier transition into the pool for your lesson.
2. Children age six or older are not allowed in the locker room of the opposite gender; two individual restrooms and changing rooms are available next to the Learning Center for those who still require assistance from caregiver.
3. Locker rooms are closed to adults from 9:00-5:00 PM when our youth programs are in session.
4. During these hours children will need to use the locker rooms independently or the individual changing rooms available next to the Learning Center or in the pool area.
5. During these hours all adults must use the individual restrooms available next to the Learning Center.
6. Children are welcome to use the locker room that best aligns with their gender identity.

## Semi Private Swim Lessons Ages 3 - 5

There will be 2-3 children in each class. These classes are designed for beginners. Child must meet height requirement of 34 inches to chin level.

Activity #	Day	Time	Date	Fee
<b>Ages 3 &amp; 4</b>				
411011-B1	M-F	9:10-9:40 AM	6/22-6/26	\$213
411011-B2	M-Th	9:10-9:40 AM	6/29-7/2	\$170
411011-B4	M-F	9:10-9:40 AM	7/13-7/17	\$213
411011-B6	M-F	9:10-9:40 AM	7/27-7/31	\$213
411011-B8	M-F	9:10-9:40 AM	8/10-8/14	\$213

### Ages 4 & 5

411022-B1	M-F	9:45-10:15 AM	6/22-6/26	\$213
411032-B1	M-F	10:20-10:50 AM	6/22-6/26	\$213
411022-B2	M-Th	9:45-10:15 AM	6/29-7/2	\$170
411022-B4	M-F	9:45-10:15 AM	7/13-7/17	\$213
411022-B6	M-F	9:45-10:15 AM	7/27-7/31	\$213
411022-B8	M-F	9:45-10:15 AM	8/10-8/14	\$213

## Fish Ages 3 - 4 without caregiver

Children must be 34 inches to chin level. Skills: safety, learning to balance & maneuver, kicking on stomach & back, paddling arms, floating, use of barbells, noodles and kickboards, jumping, blowing bubbles, going underwater & confidence building. Includes water games and songs. Taught in the shallow end.

Activity #	Day	Time	Date	Fee
411310-B1	M-F	9:10-9:40 AM	6/22-6/26	\$99
411310-B3	M-F	9:10-9:40 AM	7/6-7/10	\$99
411310-B5	M-F	9:10-9:40 AM	7/20-7/24	\$99
411310-B7	M-F	9:10-9:40 AM	8/3-8/7	\$99
411310-B9	M-F	9:10-9:40 AM	8/17-8/21	\$99

## Tadpole Ages 4 - 5

Refer to Fish description, only difference is ages 4-5 years.

Activity #	Day	Time	Date	Fee
411420-B1	M-F	9:45-10:15 AM	6/22-6/26	\$99
411420-B3	M-F	9:45-10:15 AM	7/6-7/10	\$99
411420-B5	M-F	9:45-10:15 AM	7/20-7/24	\$99
411420-B7	M-F	9:45-10:15 AM	8/3-8/7	\$99
411420-B9	M-F	9:45-10:15 AM	8/17-8/21	\$99

## Pollywog Ages 4 - 5: Fundamental Aquatic Skills

**Purpose:** Success with fundamental skills. Water safety rules. Bob in water, float, swim using combined stroke on front and back, and tread water. Includes time in the shallow end and the deep end.

Activity #	Day	Time	Date	Fee
411530-B1	M-F	10:20-10:50 AM	6/22-6/26	\$99
411530-B3	M-F	10:20-10:50 AM	7/6-7/10	\$99
411530-B5	M-F	10:20-10:50 AM	7/20-7/24	\$99
411530-B7	M-F	10:20-10:50 AM	8/3-8/7	\$99
411530-B9	M-F	10:20-10:50 AM	8/17-8/21	\$99



## Tot Sports & Fitness

### All Star Sports Ages 3 - 5

A fun filled class that introduces children to various sports and games. Each class will include a new sport and variety of games including soccer, t-ball, basketball, floor hockey, and more!

Activity #	Day	Time	Date	Fee
412272-A1	M-F	12:30-1:15 PM	6/8-6/12	\$79

## Summer Structured Program

### **NEW** Mini Zone for Rising First Graders

Join us for Mini Zone, a modified version of our Kids Zone summer program designed just **for rising first graders**, since Kindergarten ends early. Kids will explore, create, and stay active each day with outdoor play, indoor games, free swim with a daily swim safety lesson, choice time, and more.

What to bring:

- Sunscreen (staff CANNOT apply sunscreen)
- Lunch, snack, and water
- Bathing suit and towel

Questions? Email Maggie at [mhubbard@abgclub.org](mailto:mhubbard@abgclub.org).

	Activity #	Day	Time	Date	Fee
	425860-B1		9AM-4PM	6/22-6/26	\$390
Early drop-off	425860-1A		8AM-9AM	6/22-6/26	\$40