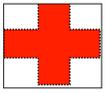


RICHMOND COMMUNITY POOL SWIMMING CLASSES/ FITNESS TIMES



American
Red Cross
Certified

**Session 1: REGISTRATION BEGINS: Resident MON, June 7th
Non-Resident TUES, June 8th**
**Session 2: REGISTRATION BEGINS: Resident MON, July 19th
Non-Resident TUES, July 20th**
Richmond Community Center from 8:30 a.m. - 4:30 p.m.

AQUA FIT

This is a non-swimming, low impact workout that improves cardiovascular fitness. Punch cards may be purchased at the Community Center or at the Pool. Try the class for **FREE** on June 22nd OR 23rd! A short waiver is required for participation. \$48/12 punches or \$4 per class.

Tues/Thurs 6:30-7:20 p.m. June 22nd-Aug 26th
Wed/Fri 9:00-9:50am June 23rd-Aug 27th
No Registration Required
Limited to 20 patrons

SWIMMING LESSONS

Brief level descriptions include some of the skills your child will learn in that level and must master to advance to the next level. Each level builds on the skills learned in the previous level. Parent Child classes require a parent to be in the water with their child. Children under 6 years of age will not be accepted into the Level 1 class without prior approval from the Pool Director.

PARENT AND CHILD: LEVEL A & B

Parent and Child Aquatics Level A

Age: 6 months - 2 years
Water adjustment WITH PARENT. Class is designed to introduce appropriate skills & readiness through water play in a friendly and positive atmosphere.

Parent and Child Aquatics Level B

Age: 2 - 5 years
Water adjustment WITH PARENT. Class is designed to introduce appropriate skills & readiness through water play & instruction in a positive atmosphere

NOTE Cancellation of swimming lessons due to bad weather will be made up during the week following the end of each session as time permits, at the discretion of the pool director. There will be no MAKE-UP classes or refunds for classes that participants are unable to attend.

LEVELS 1 - 6

Level descriptions include skills your child will learn in that level and must master to move to the next level.

Ages: 6 & older

Level 1

Gain basic water skills and learn how to be safe around water, including submerging head, blowing bubbles, supported front and back floats, arm and leg action on front and back and more.

Level 2

Building on basic water skills, performing skills at a higher level, becoming independent with locomotion skills on their front and back, unsupported floats and glides on front and back, rolling over and more.

Level 3

Continues to build on basic water skills learned in previous levels, learn to swim the front crawl and elementary backstroke at a proficient level, introduce the scissor and dolphin kicks, diving, deep water survival skills and more.

Level 4

Improve proficiency and endurance of the front crawl and elementary backstroke, learn to swim sidestroke, breaststroke, backstroke, and butterfly, open turns at the wall, and more.

Level 5

Continued refinement on all six strokes, focusing on endurance and a very high level of proficiency, performing flip turn on front and back, and more.

Level 6

Focuses on refining strokes and turns and building endurance, learn information and skills for specific aquatic activities, personal water safety, fitness swimming, and more.

Lap Swim Tues/Thurs 9:00-9:50 am \$2.00 per day June 22nd- August 19th

Limited to 4 swimmers

SWIMMING LESSONS

Due to a staff shortage and other safety restrictions from the on-going COVID-19 pandemic, this year you might notice the class schedule has drastically change. In order to offer as many classes as possible, with a class maximum of 5 students per class, we have shortened class times to try and serve more students. Teaching water safety is one of the Richmond Community Pool's primary goals. Please understand with limited practice time during class, it is more important to remember that learning the skills correctly is more important than moving through the levels quickly. We are very excited to be back and able to offer swimming lessons again this summer.

Please remember to not send your child to class if they are not feeling well

CLASS DAYS	R / N	* No classes will be cancelled for the July 4th holiday*	SESSION 1: 6/22-7/16	SESSION 2: 7/26-8/20
LEVEL A Tuesday Thursday	\$20/\$25	12:40-1:10 pm 12:40-1:10 pm	#5111 #5112	#5211 #5212
LEVEL B Tues/Thurs Wed/Fri Wed/Fri Wed/Fri	\$30/\$35	12:00-12:30pm 11:00-11:30 am 11:45-12:15 pm 12:30-1:00pm	#5121 #5122 #5123 #5124	#5221 #5222 #5223 #5224
LEVEL 1 Tues/Thurs Tues/Thurs Wed/Fri Wed/Fri	\$35/\$40	11:20-11:50 am 12:00-12:30 pm 11:45-12:15 pm 12:30-1:00 pm	#5131 #5132 #5133 #5134	#5231 #5232 #5233 #5234
LEVEL 2 Tues/Thurs Tues/Thurs Wed/Fri Wed/Fri	\$35/\$40	10:00-10:30 am 10:40-11:10 am 9:00-9:30 am 9:40-10:10am	#5141 #5142 #5143 #5144	#5241 #5242 #5243 #5244
LEVEL 3 Tues/Thurs Wed/Fri Wed/Fri	\$35/\$40	12:40-1:10 pm 10:20-10:50 am 11:00-11:30 pm	#5151 #5152 #5153	#5251 #5252 #5253
LEVEL 4 Tues/Thurs Wed/Fri	\$35/\$40	9:00-9:50 am 10:00-10:50 am	#5161 #5162	#5261 #5262
LEVEL 5 Tues/Thurs	\$35/\$40	10:00-10:50 am	#5171	#5271
LEVEL 6 Tues/Thurs	\$35/\$40	11:00-11:50 am	#5181	#5281

Please Note: Daily pool and class schedules can vary at any time without notice

Richmond Community Pool (586) 727-8888