

BABY/ME 6 mth – 3+ yrs

Double swim diaper required: disposable swim diaper UNDER cloth swim diaper

SKILL GOALS:

1 : water adaptation & Conditioning, independence, confidence and strength, falling in turning and resurfacing

2. breath control and comfortable submersion, deeper submersion, **3**: back floating, rollover and resurfacing

4-5: **PROPULSION**: stroke skills, kicking, side breathing

WATER SMART Parent assist: 3 yrs + not yet comfortable in the water- Work on building confidence in the water:
balance, breath and buoyancy

Learn To Swim 4 yrs +

Girls: one piece bathing suit **Boys**: regulation swim suit/jammers-no board shorts

STATIONS/SKILL LEVEL:

BEGINNER:

WATER SMART parent assist- for children not yet comfortable in the water- Work on building confidence in the water: *balance, breath and buoyancy. Also for children not yet mature enough to participate in a group environment.*

1. Proper air exchange/Bubbles **2**. Front/Back Glide **3**. Kicking

ADVANCE: **4**. Crawl Arms/Backstroke **5**. Freestyle/Side Breathing

STROKE SCHOOL 5 yrs +

Assessment required

Must be able to swim 25 yards freestyle & backstroke with proper breath exchange and swim on top of water and swim in water over their head.

Development of endurance and strength with emphasis on 25 yard stroke drills Stroke school works on the following skills:

Freestyle Swimmers will be taught extended freestyle swimming, side breathing, flutter kick

Backstroke Swimmers will be taught proper body position on their back, single arm backstroke, kick

Breaststroke Swimmers will be introduced to the breaststroke kick, stroke

A MINIMUM ENROLLMENT OF 3 STUDENTS PER CLASS IS REQUIRED

JANUARY - DECEMBER 2018 LEARN TO SWIM & BABY/ME swim schedule

GIRLS INC - indoor heated pool- 201 South Tuttle Ave, Sarasota Florida- all year

ARLINGTON PARK AQUATIC CENTER-

outdoor teaching pool-2650 Waldemere Street, Sarasota Florida- April-Oct.

January 2018 * New Years Day OFF						
Sun	Mon	Tue	Wed	Thu	Fri	Sat
	<p><u>GIRLS INC:</u> 12 – 12:30pm Baby/Me 12:30-1pm- Baby/Me 1-1:30pm- LEARN TO SWIM- beginner</p>	<p><u>GIRLS INC:</u> 5:30-6pm- Learn to Swim- Advanced 6 – 6:30pm- Learn to Swim -Beginner <u>ARLINGTON PARK:</u> 4:30-5:30pm Red Team</p>	<p><u>GIRLS INC:</u> 3-3:30pm Baby/Me 3:30-4pm Baby/Me</p>	<p><u>GIRLS INC:</u> 5:30-6pm- Learn to Swim- Advanced 6 – 6:30pm- Learn to Swim -Beginner <u>ARLINGTON PARK:</u> 4:30-5:30pm Red Team</p>	<p>PRIVATE LESSONS</p>	<p><u>GIRLS INC:</u> 8:30 am – 9 Am- Baby/Me 9: am -9:30 am- Baby/Me 9:30 am -10 am- Baby/Me 10- 10:30am- - LEARN TO SWIM-advanced 10:30-11am- Stroke School 11-11:30am- LEARN to SWIM</p>
February 2018						
Sun	Mon	Tue	Wed	Thu	Fri	Sat
	<p><u>GIRLS INC:</u> 12 – 12:30pm Baby/Me 12:30-1pm- Baby/Me 1-1:30pm- LEARN TO SWIM- beginner</p>	<p><u>GIRLS INC:</u> 5:30-6pm- Learn to Swim- Advanced 6 – 6:30pm- Learn to Swim -Beginner <u>ARLINGTON PARK:</u> 4:30-5:30pm Red Team</p>	<p><u>GIRLS INC:</u> 3-3:30pm Baby/Me 3:30-4pm Baby/Me</p>	<p><u>GIRLS INC:</u> 5:30-6pm- Learn to Swim- Advanced 6 – 6:30pm- Learn to Swim -Beginner <u>ARLINGTON PARK:</u> 4:30-5:30pm Red Team</p>	<p>PRIVATE LESSONS</p>	<p><u>GIRLS INC:</u> 8:30 am – 9 Am- Baby/Me 9: am -9:30 am- Baby/Me 9:30 am -10 am- Baby/Me 10- 10:30am- - LEARN TO SWIM-advanced 10:30-11am- Stroke School 11-11:30am- LEARN to SWIM</p>

March 2018

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	<p><u>GIRLS INC:</u></p> <p>12 – 12:30pm Baby/Me 12:30-1pm- Baby/Me 1-1:30pm- LEARN TO SWIM- beginner</p>	<p><u>GIRLS INC:</u></p> <p>5:30-6pm- Learn to Swim- Advanced 6 – 6:30pm- Learn to Swim -Beginner <u>ARLINGTON PARK:</u> 4:30-5:30pm Red Team</p>	<p><u>GIRLS INC:</u></p> <p>3-3:30pm Baby/Me 3:30-4pm Baby/Me</p>	<p><u>GIRLS INC:</u></p> <p>5:30-6pm- Learn to Swim- Advanced 6 – 6:30pm- Learn to Swim -Beginner <u>ARLINGTON PARK:</u> 4:30-5:30pm Red Team</p>	<p>PRIVATE LESSONS</p>	<p><u>GIRLS INC:</u></p> <p>8:30 am – 9 am- Baby/Me 9: am - 9:30 am- Baby/Me 9:30 am -10 am- Baby/Me 10- 10:30 am- - LEARN TO SWIM-advanced 10:30-11 am- Stroke School 11-11:30 am- LEARN to SWIM</p>

April 2018

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	<p><u>GIRLS INC:</u></p> <p>12 – 12:30pm Baby/Me 12:30-1pm- Baby/Me</p> <p><u>ARLINGTON PARK:</u></p> <p>4-4:30pm- LEARN TO SWIM- beginner 4:30-5pm- LEARN TO SWIM- advanced 5-5:30pm- Learn to Swim- beginner 4:30- 5pm – STROKE SCHOOL</p>	<p><u>GIRLS INC:</u></p> <p>5:30-6pm- Learn to Swim- Advanced 6 – 6:30pm- Learn to Swim -Beginner <u>ARLINGTON PARK:</u> 4-4:30 Stroke School 4:30-5:30pm Red Team</p>	<p><u>GIRLS INC:</u></p> <p>3-3:30pm Baby/Me 3:30-4pm Baby/Me</p> <p><u>ARLINGTON PARK:</u></p> <p>4-4:30pm- LEARN TO SWIM- beginner 4:30-5pm- LEARN TO SWIM- advanced 5-5:30pm- Learn to Swim- beginner 4:30- 5pm – STROKE SCHOOL</p>	<p><u>GIRLS INC:</u></p> <p>5:30-6pm- Learn to Swim- Advanced 6 – 6:30pm- Learn to Swim -Beginner <u>ARLINGTON PARK:</u> 4-4:30 Stroke School 4:30-5:30pm Red Team</p>	<p>PRIVATE LESSONS</p>	<p><u>GIRLS INC:</u></p> <p>8:30 am – 9 am- Baby/Me 9: am - 9:30 am- Baby/Me 9:30 am -10 am- Baby/Me 10- 10:30 am- - LEARN TO SWIM-advanced 10:30-11 am- Stroke School 11-11:30 am- LEARN to SWIM</p>

May 2018 Memorial Day OFF

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	<p><u>GIRLS INC:</u></p> <p>12 – 12:30pm Baby/Me 12:30-1pm- Baby/Me</p> <p><u>ARLINGTON PARK:</u> 3-3:30 pm Baby/Me 3:30-4 pm Baby/Me</p> <p>4-4:30 pm- LEARN TO SWIM- beginner 4:30-5 pm- LEARN TO SWIM- advanced 5-5:30 pm- Learn to Swim- beginner 4:30- 5 pm – STROKE SCHOOL</p>	<p><u>GIRLS INC:</u></p> <p>5:30-6pm- Learn to Swim- Advanced 6 – 6:30pm- Learn to Swim -Beginner</p> <p><u>ARLINGTON PARK:</u> 4-4:30 pm Stroke School 4:30-5:30 pm Red Team</p>	<p><u>ARLINGTON PARK:</u></p> <p>3-3:30 pm Baby/Me 3:30-4 pm Baby/Me</p> <p>4-4:30 pm- LEARN TO SWIM- beginner 4:30-5 pm- LEARN TO SWIM- advanced 5-5:30 pm- Learn to Swim- beginner 4:30- 5 pm – STROKE SCHOOL</p>	<p><u>GIRLS INC:</u></p> <p>3-3:30pm Baby/Me 3:30-4pm Baby/Me</p> <p>5:30-6pm- Learn to Swim- Advanced 6 – 6:30pm- Learn to Swim -Beginner</p> <p><u>ARLINGTON PARK:</u> 4-4:30 pm Stroke School 4:30-5:30 pm Red Team</p>	PRIVATE LESSONS	<p><u>GIRLS INC:</u></p> <p>8:30 am – 9 am- Baby/Me 9: am - 9:30 am- Baby/Me 9:30 am -10 am- Baby/Me 10- 10:30 am- - LEARN TO SWIM-advanced 10:30-11 am- Stroke School 11-11:30 am- LEARN to SWIM</p>

JUNE 2018

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	<p><u>GIRLS INC:</u></p> <p>12 – 12:30pm Baby/Me 12:30-1pm- Baby/Me</p> <p><u>ARLINGTON PARK:</u> 3-3:30 pm Baby/Me 3:30-4 pm Baby/Me</p> <p>4-4:30 pm- LEARN TO SWIM- beginner 4:30-5 pm- LEARN TO SWIM- advanced 5-5:30 pm- Learn to Swim- beginner 4:30- 5 pm – STROKE SCHOOL</p>	<p><u>GIRLS INC:</u></p> <p>5:30-6pm- Learn to Swim- Advanced 6 – 6:30pm- Learn to Swim -Beginner</p> <p><u>ARLINGTON PARK:</u> 4-4:30 pm Stroke School 4:30-5:30 pm Red Team</p>	<p><u>ARLINGTON PARK:</u></p> <p>3-3:30 pm Baby/Me 3:30-4 pm Baby/Me</p> <p>4-4:30 pm- LEARN TO SWIM- beginner 4:30-5 pm- LEARN TO SWIM- advanced 5-5:30 pm- Learn to Swim- beginner 4:30- 5 pm – STROKE SCHOOL</p>	<p><u>GIRLS INC:</u></p> <p>3-3:30pm Baby/Me 3:30-4pm Baby/Me</p> <p>5:30-6pm- Learn to Swim- Advanced 6 – 6:30pm- Learn to Swim -Beginner</p> <p><u>ARLINGTON PARK:</u> 4-4:30 pm Stroke School 4:30-5:30 pm Red Team</p>	PRIVATE LESSONS	<p><u>GIRLS INC:</u></p> <p>8:30 am – 9 am- Baby/Me 9: am - 9:30 am- Baby/Me 9:30 am -10 am- Baby/Me 10- 10:30 am- - LEARN TO SWIM-advanced 10:30-11 am- Stroke School 11-11:30 am- LEARN to SWIM</p>

JULY 2018 July 4 - Independence Day OFF						
Sun	Mon	Tue	Wed	Thu	Fri	Sat
	<u>GIRLS INC:</u> 12 – 12:30pm Baby/Me 12:30-1pm- Baby/Me <u>ARLINGTON PARK:</u> 3-3:30 pm Baby/Me 3:30-4 pm Baby/Me 4-4:30 pm- LEARN TO SWIM- beginner 4:30-5 pm- LEARN TO SWIM- advanced 5-5:30 pm- Learn to Swim- beginner 4:30- 5 pm – STROKE SCHOOL	<u>GIRLS INC:</u> 5:30-6pm- Learn to Swim- Advanced 6 – 6:30pm- Learn to Swim -Beginner <u>ARLINGTON PARK:</u> 4-4:30 pm Stroke School 4:30-5:30 pm Red Team	<u>ARLINGTON PARK:</u> 3-3:30 pm Baby/Me 3:30-4 pm Baby/Me 4-4:30 pm- LEARN TO SWIM- beginner 4:30-5 pm- LEARN TO SWIM- advanced 5-5:30 pm- Learn to Swim- beginner 4:30- 5 pm – STROKE SCHOOL	<u>GIRLS INC:</u> 3-3:30pm Baby/Me 3:30-4pm Baby/Me 5:30-6pm- Learn to Swim- Advanced 6 – 6:30pm- Learn to Swim -Beginner <u>ARLINGTON PARK:</u> 4-4:30 pm Stroke School 4:30-5:30 pm Red Team	PRIVATE LESSONS	<u>GIRLS INC:</u> 8:30 am – 9 am- Baby/Me 9: am - 9:30 am- Baby/Me 9:30 am -10 am- Baby/Me 10- 10:30 am- - LEARN TO SWIM- advanced 10:30-11 am- Stroke School 11-11:30 am- LEARN to SWIM

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AUGUST 2018 AUG 28-31 LEARN TO SWIM and BABY/ME OFF						
Sun	Mon	Tue	Wed	Thu	Fri	Sat
	<u>GIRLS INC:</u> 12 – 12:30pm Baby/Me 12:30-1pm- Baby/Me <u>ARLINGTON PARK:</u> 3-3:30 pm Baby/Me 3:30-4 pm Baby/Me 4-4:30 pm- LEARN TO SWIM- beginner 4:30-5 pm- LEARN TO SWIM- advanced 5-5:30 pm- Learn to Swim- beginner 4:30- 5 pm – STROKE SCHOOL	<u>GIRLS INC:</u> 5:30-6pm- Learn to Swim- Advanced 6 – 6:30pm- Learn to Swim -Beginner <u>ARLINGTON PARK:</u> 4-4:30 pm Stroke School 4:30-5:30 pm Red Team	<u>ARLINGTON PARK:</u> 3-3:30 pm Baby/Me 3:30-4 pm Baby/Me 4-4:30 pm- LEARN TO SWIM- beginner 4:30-5 pm- LEARN TO SWIM- advanced 5-5:30 pm- Learn to Swim- beginner 4:30- 5 pm – STROKE SCHOOL	<u>GIRLS INC:</u> 3-3:30pm Baby/Me 3:30-4pm Baby/Me 5:30-6pm- Learn to Swim- Advanced 6 – 6:30pm- Learn to Swim -Beginner <u>ARLINGTON PARK:</u> 4-4:30 pm Stroke School 4:30-5:30 pm Red Team	PRIVATE LESSONS	<u>GIRLS INC:</u> 8:30 am – 9 am- Baby/Me 9: am - 9:30 am- Baby/Me 9:30 am -10 am- Baby/Me 10- 10:30 am- - LEARN TO SWIM- advanced 10:30-11 am- Stroke School 11-11:30 am- LEARN to SWIM

September 2018

LABOR DAY OFF

	<p><u>GIRLS INC:</u> 12 – 12:30 pm- Baby/Me 12:30-1pm- Baby/Me</p> <p><u>ARLINGTON PARK:</u> 3:30-4pm- Baby/Me 4-4:30pm- LEARN TO SWIM- beginner 4:30-5pm- LEARN TO SWIM- advanced 5-5:30pm- Learn to Swim- beginner 5:30-6pm- Learn to Swim- advanced 5:30-6pm- Stroke School</p>	<p><u>GIRLS INC:</u> 12:30-1pm- Baby/Me 1-1:30pm- LEARN TO SWIM- beginner 1:30-2pm- LEARN TO SWIM- Advanced</p> <p><u>ARLINGTON PARK:</u> 4:30pm - 5pm - Stroke School 5 - 6pm- TSUNAMI Red Team</p>	<p><u>GIRLS INC:</u> 12 – 12:30 pm- Baby/Me 12:30-1pm- Baby/Me</p> <p><u>ARLINGTON PARK:</u> 3:30-4pm- Baby/Me 4-4:30pm- LEARN TO SWIM- beginner 4:30-5pm- LEARN TO SWIM- advanced 5-5:30pm- Learn to Swim- beginner 5:30-6pm- Learn to Swim- advanced 5:30-6pm- Stroke School</p>	<p><u>GIRLS INC:</u> 12:30-1pm- Baby/Me 1-1:30pm- LEARN TO SWIM- beginner 1:30-2pm- LEARN TO SWIM- Advanced</p> <p><u>ARLINGTON PARK:</u> 4:30pm - 5pm - Stroke School 5 - 6pm- TSUNAMI Red Team</p>	PRIVATE LESSONS	<p><u>GIRLS INC:</u> 9:30 am -10 am- Baby/Me 10- 10:30am- LEARN TO SWIM- beginner 10:30-11am- LEARN TO SWIM- advanced 10:30-11am- Stroke School 11-11:30am- LTS/ Baby/Me 11:30-12 noon- Baby/ME</p>
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October 2018

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	<p><u>GIRLS INC:</u> 12 – 12:30pm Baby/Me 12:30-1pm- Baby/Me</p> <p><u>ARLINGTON PARK:</u> 3-3:30 pm Baby/Me 3:30-4 pm Baby/Me 4-4:30 pm- LEARN TO SWIM- beginner 4:30-5 pm- LEARN TO SWIM- advanced 5-5:30 pm- Learn to Swim- beginner 4:30- 5 pm – STROKE SCHOOL</p>	<p><u>GIRLS INC:</u> 5:30-6pm- Learn to Swim- Advanced 6 – 6:30pm- Learn to Swim - Beginner</p> <p><u>ARLINGTON PARK:</u> 4-4:30 pm Stroke School 4:30-5:30 pm Red Team</p>	<p><u>ARLINGTON PARK:</u> 3-3:30 pm Baby/Me 3:30-4 pm Baby/Me 4-4:30 pm- LEARN TO SWIM- beginner 4:30-5 pm- LEARN TO SWIM- advanced 5-5:30 pm- Learn to Swim- beginner 4:30- 5 pm – STROKE SCHOOL</p>	<p><u>GIRLS INC:</u> 3-3:30pm Baby/Me 3:30-4pm Baby/Me 5:30-6pm- Learn to Swim- Advanced 6 – 6:30pm- Learn to Swim - Beginner</p> <p><u>ARLINGTON PARK:</u> 4-4:30 pm Stroke School 4:30-5:30 pm Red Team</p>	PRIVATE LESSONS	<p><u>GIRLS INC:</u> 8:30 am – 9 am- Baby/Me 9: am - 9:30 am- Baby/Me 9:30 am -10 am- Baby/Me 10- 10:30 am- - LEARN TO SWIM- advanced 10:30-11 am- Stroke School 11-11:30 am- LEARN to SWIM</p>

November 2018 Thanksgiving OFF

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	<p><u>GIRLS INC:</u> 12 – 12:30pm Baby/Me 12:30-1pm- Baby/Me 1-1:30pm- LEARN TO SWIM- beginner</p>	<p><u>GIRLS INC:</u> 5:30-6pm- Learn to Swim- Advanced 6 – 6:30pm- Learn to Swim -Beginner <u>ARLINGTON PARK:</u> 4:30-5:30pm Red Team</p>	<p><u>GIRLS INC:</u> 3-3:30pm Baby/Me 3:30-4pm Baby/Me</p>	<p><u>GIRLS INC:</u> 5:30-6pm- Learn to Swim- Advanced 6 – 6:30pm- Learn to Swim -Beginner <u>ARLINGTON PARK:</u> 4:30-5:30pm Red Team</p>	<p>PRIVATE LESSONS</p>	<p><u>GIRLS INC:</u> 8:30 am – 9 am- Baby/Me 9: am - 9:30 am- Baby/Me 9:30 am -10 am- Baby/Me 10- 10:30 am- - LEARN TO SWIM- advanced 10:30-11 am- Stroke School 11-11:30 am- LEARN to SWIM</p>

December 2018 Christmas OFF

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	<p><u>GIRLS INC:</u> 12 – 12:30pm Baby/Me 12:30-1pm- Baby/Me 1-1:30pm- LEARN TO SWIM- beginner</p>	<p><u>GIRLS INC:</u> 5:30-6pm- Learn to Swim- Advanced 6 – 6:30pm- Learn to Swim -Beginner <u>ARLINGTON PARK:</u> 4:30-5:30pm Red Team</p>	<p><u>GIRLS INC:</u> 3-3:30pm Baby/Me 3:30-4pm Baby/Me</p>	<p><u>GIRLS INC:</u> 5:30-6pm- Learn to Swim- Advanced 6 – 6:30pm- Learn to Swim -Beginner <u>ARLINGTON PARK:</u> 4:30-5:30pm Red Team</p>	<p>PRIVATE LESSONS</p>	<p><u>GIRLS INC:</u> 8:30 am – 9 am- Baby/Me 9: am - 9:30 am- Baby/Me 9:30 am -10 am- Baby/Me 10- 10:30 am- - LEARN TO SWIM- advanced 10:30-11 am- Stroke School 11-11:30 am- LEARN to SWIM</p>