



Montclair Community Center
2304 South 135th Avenue
402-444-4956

Learn to Swim Schedule - Winter 2014

Online registration
begins at 12:00 a.m. on
Wednesday 11/13.

Walk-in registration
begins at 9:00 a.m. on
Wednesday 11/13.

Thursdays

Eight-week fee: \$50

Dates: Jan 9th – Feb 27th

Adult Tot 6:00 – 6:30 p.m.
Pre-school 6:00 – 6:30 p.m.
Level 1 6:00 – 6:30 p.m.
Levels 1,2,3,4 6:35 – 7:05 p.m.
Levels 2,3,4,5/6 7:10 – 7:40 p.m.

Saturdays

Eight-week fee: \$50

Dates: Jan 11th – Mar 1st

Adult Tot 9:35 -10:05 a.m.
Adult Tot 10:10 - 10:40 a.m.
Pre-school 9:35 - 10:05 a.m.
Pre-school 10:10 - 10:40 a.m.
Pre-school 10:45 - 11:15 a.m.
Pre-school 11:20 - 11:50 a.m.
Levels 1,2,5/6 9:35 - 10:05 a.m.
Levels 1,2,3 10:10 - 10:40 a.m.
Levels 1,2,3,4 10:45 - 11:15 a.m.
Levels 3,4,5/6 11:20 - 11:50 a.m.

Sundays

Eight-week fee: \$50

Dates: Jan 12th – Mar 2nd

Adult Tot 4:30 – 5:00 p.m.
Adult Tot 5:05 – 5:35 p.m.
Pre-school 4:30 – 5:00 p.m.
Pre-school 5:05 – 5:35 p.m.
Pre-school 5:40 – 6:10 p.m.
Levels 1,2 4:30 – 5:00 p.m.
Levels 1,2,4 5:05 - 5:35 p.m.
Levels 1,2,3,5/6 5:40 - 6:10 p.m.
Levels 1,2,3,5/6 6:15 - 6:45 p.m.
Adult Beginner 6:15 – 6:45p.m.

The city of Omaha's Learn to Swim Program (LTS) has been designed to follow current guidelines as established by the American Red Cross.

Parent/Tot Classes: For children 6 months to 3 years. The child must be accompanied by an adult in the water during class.

Pre-school Classes: For children 3 to 5 years old.

Level Classes: For children 4 years old and above (unless the child has successfully completed the pre-school program offered by the City of Omaha).

Fees are \$50.00 per child per session

Cash, check or credit card payments are accepted. Checks are payable to the **City of Omaha** and must have valid drivers license to process.

Class Cancellation & Refund Policy

If a class is cancelled by the City of Omaha (i.e. for lack of participation), a full refund will be given. Any other requests for refunds will be charged a \$30 fee.

Registration for classes close one week prior to the start date. No transfers between classes will occur after this time. No refunds will be given once scheduled session begins.

Weather Policy: If severe weather occurs please visit our website to check for class cancellations @ www.cityofomaha.org/parks

Private Lessons

1 student to 1 instructor

\$30 for 30 minutes per swimmer
\$60– for 1 hour per swimmer

Buy a package of 5 lessons and get the 6th lesson free! - Great deal!
6 - 1/2 hour private lessons for \$150.00

Call Montclair Community Center at 402-444-4956 for information and available lesson times.

Swimming Lessons Descriptions

Adult Infant/Tot: (Ages 6 months – 3 years)

Helps the child become comfortable in the water to develop enjoyment of the water and to help parents learn about water safety for infants and toddlers.

Preschool: (Ages 3 years – 4 years)

This class assists children in making a transition from being in the water with a parent to being in the water with an instructor.

Level One: (Ages 5 years & up)

Helps student to become comfortable in the water while learning about water safety and different water skills. Students will learn to float on their front and back with kicking and also gain confidence submerging their face under water. Open eyes under water, treading using arm and hand actions,

Level Two: (Ages 5 years & up)

Students are presented fundamental swimming skills. The front and back strokes will be taught with assistance and students will begin to retrieve objects from the bottom of the pool. Will learn to float, change direction of travel while swimming on front or back, combined arm and leg actions on back.

Level Three: (Ages 5 years & up)

Skills acquired in Level Two will be enhanced with additional guided practice. Student will begin to perfect their front and back strokes, rotary breathing, headfirst entry from the side in a sitting and kneeling position, back float and tread water for 30 seconds and will be introduced to the elementary back stroke.

Level Four: (Ages 5 years & up)

Aquatic skills and strokes are emphasized with the student beginning to build stroke endurance. The breast stroke, sidestroke and butterfly are introduced along with an introduction to diving.

Level Five: (Ages 5 years & up)

Coordination and refinement of swim strokes continue in Level Five. Students will build on previous Level stroke skills and be introduced to different diving techniques.

Level Six: (Ages 5 years & up)

The introduction of advance swimming skills begins at Level Six (example: butterfly kick and flip turns). The swimming will gain further confidence and endurance with their strokes; students will swim many laps during this class.