

# LEARN TO SWIM

NAS Patuxent River Outdoor Pool



## GROUP CLASS

SESSION 1: JUNE 18 - 28	SKILL LEVELS		CLASS TIME
	INSTRUCTOR A	INSTRUCTOR B	
SESSION 2: JULY 9 - 19	Level 4	Level 5	9:30 a.m. - 10 a.m.
SESSION 3: JULY 23 - AUG. 2	Level 2	Level 3	10:15 a.m. - 10:45 a.m.
SESSION 4: AUG. 6 - 16	Level 2	Level 1	11 a.m. - 11:30 a.m.
	Preschool	N/A	4:30 p.m. - 5 p.m.
	Parent & Child	N/A	5:15 p.m. - 5:45 p.m.

## PRIVATE & SEMI PRIVATE CLASS

SESSION 1A: JUNE 18 - 21	CLASS TIMES
SESSION 1B: JUNE 25 - 28	
SESSION 2A: JULY 9 - 12	1 p.m. - 1:30 p.m.
SESSION 2B: JULY 16 - 19	
SESSION 3A: JULY 23 - 26	1:45 p.m. - 2:15 p.m.
SESSION 3B: JULY 30 - AUG 2	
SESSION 4A: AUG 6 - 9	2:30 p.m. - 3 p.m.
SESSION 4B: AUG 13 - 16	
	3:15 p.m. - 3:45 p.m.

2024 AMERICAN RED CROSS LEARN TO SWIM SCHEDULE

## REGISTRATION

**BEGINS MAY 30 | 11 A.M. - 6:45 P.M.**

- At the Outdoor Pool during regular hours of operation.
- Early Bird Registration will be held at the Fitness & Sports Office at the Drill Hall, May 1-26 | Monday-Friday | 9:30 A.M. - 4:30 P.M.

## GROUP CLASSES

**\$60 (E1-E5) | \$75 (All others)**

- Group classes require a minimum of 6 participants and a maximum of 10/12 depending on skill level.
- Tuesday - Friday.
- 2-week session, 8 total classes, 30 minutes each.
- If a class has not filled, the Aquatics team will contact participants to offer alternate class options.

## PRIVATE LESSONS

**\$100 (E1-E5) | \$110 (All others)**

- Private swim lessons for all skill and age levels are available.
- Pricing is based per participant per private session.
- Sessions are 4 total classes that are 30 minutes each.

## SEMI-PRIVATE LESSONS

**\$150 (E1-E5) | \$160 (All others)**

- Sessions are 4 total classes that are 30 minutes each.

*\*All classes, both private and group, will be held Tuesday-Friday and conducted rain or shine. Classes are subject to cancellation due to adverse weather conditions that pose a safety hazard to participants and staff (thunder/lightning/sustained high winds/water clarity due to rain intensity) If there is a need to cancel instructors will contact participants immediately. Classes that are canceled by MWR will have the time made up with addition of time to the next class. If a participant opts to not attend class this time is not afforded "make up" instruction with the Instructor on a different date/time.*



For more information, please contact **Carla Brennan** at 301.757.3943, or the **Aquatic Manager** from Memorial Day to Labor Day at 301-342-4225/757-5466, or scan the QR Code  
Visit [NavyMWRPAXRiver.com](http://NavyMWRPAXRiver.com)



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# CLASS DESCRIPTIONS

No group classes or private lessons will be held on Mondays, unless otherwise noted.

## **Preschool** (3 - 5 years)

A parent, or other participant at least 16 years of age, is required to be in the water with the preschooler throughout each class. All Preschool level classes incorporate games and activities to encourage a fun and safe swimming experience.

**STEP 1:** This class is designed for children who are being exposed to a swim class for the first time.

**STEP 2:** Step 2 is designed for children who are continuing their swim training. Participants at this level have successfully completed the Preschool Step 2 swim course.

**STEP 3:** Step 3 is designed for children who are continuing their swim training. Participants at this level have successfully completed the Preschool Step 2 swim course.

## **Level 1: Water Exploration**

This class is designed to help participants become familiar in the water, introduce basic rescue skills and teach water safety.

## **Level 2: Primary Skills**

In this class, participants will learn to float without support, recover to a standing position, learn basic locomotive skills and expand upon the basic rescue skills learned in Level 1.

## **Level 3: Stroke Readiness**

Building on the skills learned in Level 2, this class teaches the fundamentals of treading water, front and back crawl, introduce elements of the backstroke and additional safety skills.

## **Level 4: Stroke Development**

This course helps swimmers develop confidence and increase endurance using familiar strokes, as well as, teaches the breaststroke, sidestroke and butterfly (dolphin kick). It also focuses on treading water as a safety skill.

## **Level 5: Stroke Refinement**

In addition to teaching stroke coordination and refinement, this level also introduces swimmers to advanced safety skills, open turns, feet-first surface and poolside dive techniques.

## **Level 6: Fitness and Guard Start**

Level 6 has two focus areas taught based on the student's interest. FITNESS focuses on polishing stroke techniques so the student is able to swim with ease, power and efficiency. Guard Start is for students interested in becoming a lifeguard at the age of 15.

**If interested in becoming a certified Lifeguard, please contact us to be added to a wait list.**