

Spring 2019 Swim Lessons

Learn to Swim

Adult Learn to Swim

This basic course is designed for non-swimmers, very new swimmers and for swimmers who need to work on endurance and refining their strokes. Small group sessions are taught by Red Cross certified water safety instructors in a relaxed atmosphere with one-on-one assistance as needed. In addition to the obvious health benefits from this class, you can achieve more self-confidence as a swimmer.

\$33

CESW-005-A50	Sat	Jan 19-Mar 9	8:30-9:15AM
CESW-005-B50	Sat	Mar 23-May 11	8:30-9:15AM

Arthritis Exercise

Improve your flexibility and mobility in this gentle exercise class. Designed for swimmers and non-swimmers, this low-impact exercise is recommended for relieving pain, stiffness and stress associated with arthritis. Classes are held in the shallow end of the Hatheway Pool on the Godfrey Campus.

\$45

CESW-004-1A	Mon/Wed/Fri	Jan 14-Mar 8	1-2PM
CESW-004-1B	Mon/Wed/Fri	Mar 18-May 10	1-2PM

Adult Classes

Water Exercise

Get into shape in a refreshing new way. Designed for both swimmers and non-swimmers, this aquatic exercise class is held in the shallow end of the pool. Each class period includes calorie-burning, low-impact workouts guaranteed to get your heart pumping.

\$35

CESW-001-1A	Tue/Thu	Jan 15-Mar 7	8-9AM
CESW-001-2A	Tue/Thu	Jan 15-Mar 7	9-10AM
CESW-001-3A	Tue/Thu	Jan 15-Mar 7	10-11AM
CESW-001-6A	Tue/Thu	Jan 15-Mar 7	7:45-8:45PM

CESW-001-1B	Tue/Thu	Mar 19-May 9	8-9AM
CESW-001-2B	Tue/Thu	Mar 19-May 9	9-10AM
CESW-001-3B	Tue/Thu	Mar 19-May 9	10-11AM

Deep Water Running

Have fun exercising in this low-impact form of running in the deep water while wearing a floatation belt. This class simulates land running and provides cross training. The goal of the class is to work on core strengths while performing exercises in the water such as jogging, skiing and other exercises. Floatation belts will be provided during class. Beginners welcome; No swimming skills are necessary.

\$30

CESW-010-6A	Tue/Thu	Jan 15-Mar 7	8:45-9:15PM
CESW-010-6B	Tue/Thu	Mar 19-May 9	8:45-9:15PM

Master Swim

Less than one-third of USMS swimmers identify themselves as "competitors" -- but we all swim because we love swimming and want to be fit. Swimming is one of the most popular forms of aerobic exercise, and it is an excellent activity for anyone who wishes to get fit and stay fit. USMS provides resources and activities to help swimmers maintain a lifelong interest in swimming. The USMS Fitness Committee is dedicated to studying and developing fitness swimming activities for the general membership at the national level. This committee is also dedicated to providing resources to educate adults on the fitness benefits of swimming. Members can also complete as a Swim Team but it is not mandatory.

\$45

CESW-006-6A	Mon/Wed	Jan 14-Mar 9	7:45-8:45PM
	Sat	Jan 14-Mar 9	7:00-8:00AM

CESW-006-6B	Mon/Wed	Mar 18-May 11	7:45-8:45PM
	Sat	Mar 18-May 11	7:00-8:00AM



Registration deadlines: One week prior to start date!
 Register online at: www.lc.edu/CommunityEd/
 For more information call: Kathy Conlee at (618) 468-5760

Water Babies I

For ages 6 to 18 months

This class promotes water adjustment, not necessarily swimming, for babies and toddlers 6 to 18 months old. A parent or other responsible adult must be present and in the water at all times during the class. Classes are taught by Red Cross certified water safety instructors. Children should wear swim diapers or snug training pants under their swim suits.

\$44

CECK-088-A50	Sat	Jan 19-Mar 9	9:15-10AM
CECK-088-B50	Sat	Mar 23-May 11	9:15-10AM

Water Babies II

For ages 18 months to 3 years

This class promotes water adjustment, not necessarily swimming, for babies and toddlers 18 to 36 months old. A parent or other responsible adult must be present and in the water at all times during the class. Classes are taught by Red Cross certified water safety instructors. Children should wear swim diapers or snug training pants under their swim suits.

\$44

CECK-089-A50	Sat	Jan 19-Mar 9	10-10:45AM
CECK-089-B50	Sat	Mar 23-May 11	10-10:45AM

Preschool Swim

For ages 3 to 5

Learn water safety, personal safety, physical and mental adjustments to the water, buoyancy, body position and basic water skills such as front and back floating, with a goal of coordinating a beginning crawl and elementary back stroke. Classes are taught by Red Cross certified water safety instructors.

\$44

CECK-090-A1	Tue/Thu	Jan 15-Feb 7	6-6:45PM
CECK-090-A5	Tue/Thu	Jan 15-Feb 7	6:45-7:30PM
CECK-090-A2	Tue/Thu	Feb 12-Mar 7	6-6:45PM
CECK-090-A6	Tue/Thu	Feb 12-Mar 7	6:45-7:30PM
CECK-090-A3	Tue/Thu	Mar 19-Apr 11	6-6:45PM
CECK-090-A7	Tue/Thu	Mar 19-Apr 11	6:45-7:30PM
CECK-090-A4	Tue/Thu	Apr 16-May 9	6:00-6:45PM
CECK-090-A8	Tue/Thu	Apr 16-May 9	6:45-7:30PM
CECK-090-6A	Mon	Jan 14-Mar 4	6-6:45PM
CECK-090-7A	Mon	Jan 14-Mar 4	6:45-7:30PM
CECK-090-6B	Mon	Mar 18-May 6	6-6:45PM
CECK-090-7B	Mon	Mar 18-May 6	6:45-7:30PM
CECK-090-A50	Sat	Jan 19-Mar 9	10:45-11:30AM
CECK-090-B50	Sat	Mar 23-May 11	10:45-11:30AM

Swim Levels 1 – 5

For ages 6 & up

Children will be skill tested on the first day of class to determine which level they are in. A wide variety of skills will be learned and as they progress through the levels, new skills are learned and old ones are refined. Classes are taught by Red Cross certified water safety instructors.

\$44

CECK-091-A1	Tue/Thu	Jan 15-Feb 7	6-6:45PM
CECK-091-A5	Tue/Thu	Jan 15-Feb 7	6:45-7:30PM
CECK-091-A2	Tue/Thu	Feb 12-Mar 7	6-6:45PM
CECK-091-A6	Tue/Thu	Feb 12-Mar 7	6:45-7:30PM
CECK-091-A3	Tue/Thu	Mar 19-Apr 11	6-6:45PM
CECK-091-A7	Tue/Thu	Mar 19-Apr 11	6:45-7:30PM
CECK-091-A4	Tue/Thu	Apr 16-May 9	6-6:45PM
CECK-091-A8	Tue/Thu	Apr 16-May 9	6:45-7:30PM
CECK-091-6A	Mon	Jan 14- Mar 4	6-6:45PM
CECK-091-7A	Mon	Jan 14- Mar 4	6:45-7:30PM
CECK-091-6B	Mon	Mar 18-May 6	6-6:45PM
CECK-091-7B	Mon	Mar 18-May 6	6:45-7:30PM
CECK-091-A50	Sat	Jan 19-Mar 9	11:30AM-12:15PM
CECK-091-B50	Sat	Mar 23-May 11	11:30AM-12:15PM

Swim Level 6

The objective of Level 6 is to refine strokes so students swim with more ease, efficiency, power and smoothness over greater distances. Swimmers will also work on Personal Water Safety, Fundamentals of Diving, Fitness Swimming and Lifeguard Readiness.

\$44

CECK-092-6A	Mon	Jan 14- Mar 4	6:45-7:30PM
CECK-092-6B	Mon	Mar 18-May 6	6:45-7:30PM
CECK-092-A50	Sat	Jan 19-Mar 9	12:15-1PM
CECK-092-B50	Sat	Mar 23-May 11	12:15-1PM



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