

Why Water Wonders Swimming?

For the beginner to the advanced swimmer, your child will leave Water Wonders with new skills and a love of swimming. Our curriculum has been designed around the best concepts that USA Swim and Red Cross offer. Our swim staff comes to us with extensive experience in these programs as well as others. We pride ourselves on making learning fun...especially in the pool. All levels of instruction include under water submersion and water safety. Our pool is heated to a comfortable temperature so we can provide lessons to your child in most weather conditions.

Parent & Me...Starfish



*under 3½ years and/or unable to enter pool without parental support.

The Parent and child program is for children who are unable to enter the water without parental support. Using water play, gentle guidance, and various props, children are introduced to the basic skills of swimming. A safety stay afloat technique, used and proven in the field with very young children, will be taught. **Part of the curriculum includes under water submersion.**

Level One...Jellyfish



*Ages 3½ to 5

Level One is designed for swimmers who are unafraid to enter the water without a parent, but lack basic skills. Beginning learn-to-swim skills such as blowing bubbles, kicking and floating will be taught. **All children who require flotation devices of any kind will be placed in this level.**

Level Two...Seahorses



*Ages 4 to 6

Level Two swimmers demonstrate comfort with the learn-to-swim skills and are generally between the ages of 4 to 6. Key skills taught include extended dog paddle, treading water, & front & back float. **Children placed in this level must be able to maintain buoyancy without flotation devices or other support.**

Level Three/Four...Sharks



*Ages 5 and up

Level 3/4 students demonstrate a mastery of level one and two skills. We emphasize continued rhythmic breathing, crawl and back stroke and beginning diving. As children advance through the level the emphasis will be placed on stroke refinement. Flip turns will also be introduced. **To enter this level children must be able to swim independently for a distance of at least 25 feet.**

Water Wonders offers 3 different options to fit your schedule...

Immersion Format

Two Week Session
30 minute class

Classes run Tuesday through Friday for 2 consecutive weeks

Cost: \$128 per session

Session One~May 19 to May 29
Session Two~June 2 to June 12
Session Three~June 16 to June 26
Session Four~June 30 to July 10
Session Five~July 14 to July 24
Session Six~July 28 to August 7

Traditional Format

Four week session
30 minute class

Monday/Wednesday or Tuesday/Thursday
Cost: \$128 per session

Session One~June 1 to June 25
Session Two~June 29 to July 23
Session Three~July 27 to August 20

Saturday Format

Four Week Session
30 minute class

Classes run on Saturdays for 4 consecutive weeks

Cost: \$64

Session One~May 30-June 20
Session Two~June 27 to July 25

Adult Class

NEW!

This program is designed for adults who have little to no swim ability. Our goal is to increase your comfort in the water and teach basic skills. Class meets Mondays at 6pm for 45 minutes. See office for more details.

www.actionkidsathletics.com

Check out the website for the current schedule.

Summertime Fun at
Action Kids Athletics



Camp Tunz-a-Fun
Adventure Camp



Classes...Gymnastics
Tae Kwon Do
CheerKids
Fitness Fun Zone

Birthday Parties

Pool Parties

Field Trips

Corporate Family Outings

Summer Slumber Parties

July...

August...

Bring your friends!!!

WATER WONDER'S
SWIM PROGRAM



www.actionkidsathletics.com



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