

Youth Swim Lessons

Parent & Me (6 months - 3 yrs)

We plan to provide a joyful, loving, child-centered environment featuring songs and activities to encourage skill acquisition while also developing a life-long love of the water. Parent & Me utilizes natural progressions (not forceful ones) to allow infants and toddlers the ability to grow in our lessons program. Location: Jim Barnett Park, Indoor Pool. Fee: \$43 R, \$49 NR.

June 9-July 2 10:30-11am
(Mon and Wed) *Register by June 9*

June 10-July 3 5:30-6pm
(Tues and Thurs) *Register by June 10*

July 14-August 6 10:30-11am
(Mon and Wed) *Register by July 14*

July 15-August 7 5:30-6pm
(Tues and Thurs) *Register by July 15*

Swim Lessons (Ages 3-14)

Swim 101/102

Swim 101/102 is designed to turn beginners into swimmers using a progressive child-focused approach. The fundamentals of swimming such as kicking, breath control, and floatation are taught at this level. Each child will wear a floatation device which allows them to focus on developing the skill rather than trying to stay above water. As the child builds confidence in all the skills the amount of floatation can be decreased allowing the child to become less reliant on the float and more reliant on their skills. Swimmers will be actively practicing skills and have little down time utilizing the lesson time to the fullest. Children must be able to swim 15 feet with their face in the water in order to pass this class.

Swim 201/202

Swim 201/202 is a progressive strokes course that teaches swimmers the formal strokes of freestyle and backstroke. They will also learn the important skill of side breathing with the freestyle stroke. Children also have the chance to build their endurance as each skill requires the child to swim further than previous classes. Children must be able to swim 25 feet using the freestyle stroke with side breathing in order to pass this class. These skills are taught without the aid of floatation, children must be able to swim 15 feet without aid in order to be enrolled in this class.

Swim 301/302

Swim 301/302 is an advanced stroke course which teaches the more complex strokes of butterfly and breaststroke to swimmers that have already mastered freestyle and backstroke. In completing this class the swimmer will have learned all the strokes necessary for competitive swimming. It is not uncommon for children to wear floatation during some of the instruction. The floatation allows children to focus on body position and stroke development. Children will continue to fine tune their stroke development and build endurance at this level. Children will need to swim 30 feet of freestyle, backstroke, breaststroke, and butterfly in order to pass this class.

Swim 401/402

Swim 401/402 is designed to teach children lifesaving skills such as sidestroke, elementary backstroke, and treading water. The class is also an introduction to competitive swimming. Skills such as, diving, flip turns, and endurance are taught at this level. Unlike earlier classes focus on repetitive practice under short distances, this does not allow children to develop endurance. Swim 401/402 allows students to develop the endurance necessary to swim competitively. Children must be able to swim 50 meters and a 50 meter IM in order to pass this class.

Swim 101, 201, 301, and 401 (Ages 3-6)

Fee: \$43 R, \$49 NR.
Location: Jim Barnett Park, Indoor Pool

June 9-July 2 *Register by June 9*
(Monday and Wednesday)

Times: 9:30-10am
10-10:30am
10:30-11am

June 10-July 3 *Register by June 10*
(Tuesday and Thursday)

Times: 4:30-5pm
5-5:30pm
5:30-6pm

July 14-August 6 *Register by July 14*
(Monday and Wednesday)

Times: 9:30-10am
10-10:30am
10:30-11am

July 15-August 7 *Register by July 15*
(Tuesday and Thursday)

Times: 4:30-5pm
5-5:30pm
5:30-6pm

Swim 102, 202, 302, and 402 (Ages 7-14)

Fee: \$43 R, \$49 NR.
Location: Jim Barnett Park, Indoor Pool

June 9-July 2 *Register by June 9*
(Monday and Wednesday)

Times: 11-11:30am
11:30am-12pm

June 10-July 3 *Register by June 10*
(Tuesday and Thursday)

Times: 6-6:30pm
6:30-7pm

July 14-August 6 *Register by July 14*
(Monday and Wednesday)

Times: 11-11:30am
11:30am-12pm

July 15-August 7 *Register by July 15*
(Tuesday and Thursday)

Times: 6-6:30pm
6:30-7pm

Rent the pool
for a party!
See p. 26



All Paws on Deck Canine Swim

All Paws on Deck Canine Swim

Winchester Parks & Rec is excited to have a fun day for our K9 friends! Bring your furry best friend out for a day of swimming. On the last day of the outdoor pool season, we will be opening the pool for the dogs of the Winchester community. Please come out and enjoy! September 1, 6-8pm. Fee: \$2. Admission is FREE for members of the Winchester dog park. Non-members must have proof of rabies vaccination for entrance.

Competitive Swim Training (Ages 6-12 and Ages 13-18)

This course is designed for swimmers who have completed 401/402, and want to expand their skills into a swim team setting. Students will bridge the gap between instructional and competitive swimming by learning to improve their strokes, starts, turns, finishes, and endurance, all through interval training. Participants must be proficient in all strokes and must be able to swim laps. Location: Jim Barnett Park, Indoor Pool. Fee: \$48 R, \$54 NR.

June 9-July 2 Register by June 9
(Monday and Wednesday)

Times: Ages 6-10 9:30-10:15 am
Ages 11-14 10:15-11 am
Ages 15-18 11-11:45 am

June 10-July 3 Register by June 10
(Tuesday and Thursday)

Times: Ages 6-10 4:30-5:15pm
Ages 11-14 5:15-6pm
Ages 15-18 6-6:45pm

July 14-August 6 Register by July 14
(Monday and Wednesday)

Times: Ages 6-10 9:30-10:15 am
Ages 11-14 10:15-11 am
Ages 15-18 11-11:45 am

July 15-August 7 Register by July 15
(Tuesday and Thursday)

Times: Ages 6-10 4:30-5:15pm
Ages 11-14 5:15-6pm
Ages 15-18 6-6:45pm

Lifeguard Training (15+)

American Red Cross Lifeguard Training teaches participants the skills and knowledge they will need to prevent, recognize, and respond to emergencies. With successful completion, participants will be certified in Lifeguard Training/First Aid for 2 years and CPR/AED for 2 year. Attendance is mandatory at all sessions. Fee: \$225 R, \$250 NR. Location: Jim Barnett Park, Indoor Pool.

August 18-August 27

(Monday, Wednesday, Saturday, Sunday)
Times: Monday/Wednesday 6-10:30pm
Saturday/Sunday 8am-6pm?

Register by August 11

Aquatics Fitness Classes

Aqua Arthritis (All Ages)

This aquatic program is designed to help: reduce pain, decrease feelings of isolation through social interaction, and gain strength and flexibility to improve your day-to-day life. This Aquatic Arthritis Class, led by a certified instructor, is designed to be a fun, safe way for people with arthritis to exercise and stay fit.

Proven Results

The Arthritis Foundation Aquatic Program was co-developed with the YMCA. Studies show individuals attending the classes have experienced: Less pain, improved joint function, increased muscle strength, better perceived quality of life and well-being. Please join us as we prepare to help provide Winchester and more a better style of living!

On-going class (Tuesday and Thursday), 11-11:45am, at Jim Barnett Park, Indoor Pool. Fee: Membership or Drop-In.

Water Polo (All Ages)

Take your water game to the next level! We are teaming up with Winchester Swim Team to offer fun games of Water Polo. From learning how to play the game to progressing into a top caliber player, we have what you're looking for. June 10-July 31 (Thursday), 7:30-9pm, Drop-In, at Jim Barnett Park, Outdoor Pool.



Cardboard Boat Regatta July 19

Back by popular demand! Grab a friend and bring your best ship building skills. Join us for the inaugural Outdoor Pool Cardboard Boat Regatta. We challenge amateur ship builders of all ages to design construct and navigate a boat made entirely out of corrugated cardboard across the rough seas of the outdoor pool. Cardboard, Duct Tape and scissors will be provided, all other decorations are up to you! Awards will be given for: The most creative design, the most spectacular sinking, the most decorative, and the least use of materials.

Teams of Two: Youth (Ages 6-16), Adult (16+), Parent and Child (18+ and Under 12)
Corporate Challenge: If you are interested in getting your business involved in this great team building activity please contact the Aquatics Department. 9am-Noon. Fee: \$20 R \$25 NR (Per Team)* Register by July 11. Activity# 622317-01.

**Additional \$10 Fee will be assessed for race day registration.*

In the Water

Private Swimming Lessons

Get Private Swimming Lessons when it's convenient for you! These lessons are now offered on a punch pass system. All you have to do is purchase a punch pass, then setup a time with one of our Swim Lesson's University Certified staff. Punch pass options are as follows:

3 Punch pass: \$57 R, \$64 NR

5 Punch pass: \$94 R, \$107 NR

7 Punch Pass: \$132 R, \$149 NR

10 Punch pass: \$188 R, \$213 NR

All punch passes are valid for one year.