

In the Water

Parent & Me (6 Months – 3yrs)

Activity #612211

Infant swim lessons are a great way to teach your child some important developmental skills and have fun! Our Parent & Me swim lessons teach children from 6 months to 3 years water entry/exit and develop swimming skills such as blowing bubbles, water submersion, kicking, floating and breath control. Parent & Me uses natural progressions (not forceful ones) to allow infants and toddlers the ability to grow in our lesson program all through the use of fun activities and songs.

Location: Jim Barnett Park, Indoor Pool

Fee: Monday-Thursday: \$43 R, \$49 NR,
Saturday: \$21.50 R, \$24.50 NR

January 4 - January 27 5:30-6pm
(Mon. & Wed.) Register by January 4

January 5 - January 28 10:30-11am
(Tues. & Thurs.) Register by January 5

January 9 - Jan. 30 4:30-5pm
(Saturday) Register by January 30

February 8 – March 2 5:30-6pm
(Mon. & Wed.) Register by February 8

February 9 – March 3 10:30-11am
(Tues. & Thurs.) Register by February 9

February 13 – March 5 4:30-5pm
(Saturday) Register by February 13

March 14 – April 6 5:30-6pm
(Mon. & Wed.) Register by March 14

March 15 – April 7 10:30-11am
(Tues. & Thurs.) Register by March 15

Mar. 19 – April 9 4:30-5pm
(Saturday) Register by March 19

April 18 – May 11 5:30-6pm
(Mon. & Wed.) Register by April 18

April 19 – May 12 10:30-11am
(Tues. & Thurs.) Register by April 19

April 23 – May 14 4:30-5pm
(Saturday) Register by April 23



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)

Activity# 612212, 621122, 621132, 621142

Fee: Monday-Thursday: \$43 R, \$49 NR

Saturday: \$21.50 R, \$24.50 NR

Location: Jim Barnett Park, Indoor Pool

Jan. 4 - Jan. 27 Register by January 4
(Mon. & Wed.) 4:30-5pm
5-5:30pm
5:30-6pm

Jan. 5 - Jan. 28 Register by January 5
(Tues. & Thurs.) 10-10:30am
10:30-11am
6-6:30pm
6:30-7pm

Jan. 9 - Jan. 30 Register by January 9
(Saturday) 4-4:30pm
4:30-5pm

Feb. 8 - Mar. 2 Register by February 8
(Mon. & Wed.) 4:30-5pm
5-5:30pm
5:30-6pm

Feb. 9 - Mar. 3 Register by February 9
(Tues. & Thurs.) 10-10:30am
10:30-11am
6-6:30pm
6:30-7pm

Feb. 13 - Mar. 5 Register by February 13
(Saturday) 4-4:30pm
4:30-5pm

Mar. 14 - April 6 Register by March 14
(Mon. & Wed.) 4:30-5pm
5-5:30pm
5:30-6pm

Mar. 15 - April 7 Register by March 15
(Tues. & Thurs.) 10-10:30am
10:30-11am
6-6:30pm
6:30-7pm

Mar. 19 - April 9 Register by March 19
(Saturday) 4-4:30pm
4:30-5pm

April 18 - May 11 Register by April 18
(Mon And Wed) 4:30-5pm
5-5:30pm
5:30-6pm

April 19 - May 12 Register by April 19
(Tues. & Thurs.) 10-10:30am
10:30-11am
6-6:30pm
6:30-7pm

April 23 - May 14 Register by April 23
(Saturday) 4-4:30pm
4:30-5pm

Swim 102, 202, 302, and 402

(Ages 7-14)

Activity # 612213, 612223, 612233, 612243

Fee: Monday-Thursday: \$43 R, \$49 NR

Saturday: \$21.50 R, \$24.50 NR

Location: Jim Barnett Park, Indoor Pool

Jan. 4 - Jan. 27 Register by January 4
(Mon. & Wed.) 6-6:30pm
6:30-7pm

Jan. 5 - Jan. 28 Register by January 5
(Tues. & Thurs.) 7-7:30pm

Jan. 9 - Jan. 30 Register by January 9
(Saturday) 5-5:30pm

Feb. 8 - Mar. 2 Register by February 8
(Mon. & Wed.) 6-6:30pm
6:30-7pm

Feb. 9 - Mar. 3 Register by February 9
(Tues. & Thurs.) 7-7:30pm

Feb. 13 - Mar. 5 Register by February 13
(Saturday) 5-5:30pm

Mar. 14 - April 6 Register by March 14
(Mon. & Wed.) 6-6:30pm
6:30-7pm

Mar. 15 - April 7 Register by March 15
(Tues. & Thurs.) 7-7:30pm

Mar. 19 - April 9 Register by March 19
(Saturday) 5-5:30pm

April 18 - May 11 Register by April 18
(Mon. & Wed.) 6-6:30pm
6:30-7pm

April 19 - May 12 Register by April 19
(Tues And Thurs) 7-7:30pm

April 23 - May 14 Register by April 23
(Saturday) 5-5:30pm

Competitive Swim Training

(Ages 7-18) Activity# 612247

This Course is designed for swimmers who have completed the highest levels of group lessons, 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 stroke mechanics, starts, turns, finishes, and endurance all through interval training. Participants must be able to swim laps and be proficient in all strokes. Fee: \$48 R, \$54 NR (Mon-Thurs), \$24 R, \$27 NR (Saturday)
Location: Jim Barnett Park, Indoor Pool

Jan. 4 - Jan. 27 Register by Jan 4
Ages 7-10 (Mon. & Wed.) 4:30-5:15pm
Ages 11-14 5:15-6pm
Ages 15-18 6-6:45pm

Jan. 5 - Jan. 28 Register by Jan 5
Ages 7-12 (Tues & Thurs) 6-6:45pm
Ages 13-18 6:45-7:30pm

Jan. 9 - Jan. 30 Register by Jan 9
Ages 7-18 (Saturday) 4-4:45pm

Feb. 8 - Mar. 2 Register by Feb 8
Ages 7-10 (Mon. & Wed.) 4:30-5:15pm
Ages 11-14 5:15-6pm
Ages 15-18 6pm-6:45pm

Feb. 9 - Mar. 3 Register by Feb 9
Ages 7-12 (Tues. & Thurs.) 6-6:45pm
Ages 13-18 6:45-7:30pm

Feb. 13 - Mar. 5 Register by Feb 13
Ages 7-18 (Saturday) 4-4:45pm

Mar. 14 - April 6 Register by Mar 14
Ages 7-10 (Mon. & Wed.) 4:30-5:15pm
Ages 11-14 5:15-6pm
Ages 15-18 6pm-6:45pm

Mar. 15 - April 7 Register by Mar 15
Ages 7-12 (Tues. & Thurs.) 6-6:45pm
Ages 13-18 6:45-7:30pm

Mar. 19 - April 9 Register by Mar 19
Ages 7-18 (Saturday) 4-4:45pm

April 18 - May 11 Register by April 18
Ages 7-10 (Mon. & Wed.) 4:30-5:15pm
Ages 11-14 5:15-6pm
Ages 15-18 6pm-6:45pm

April 19 - May 12 Register by April 19
Ages 7-12 (Tues. & Thurs.) 6-6:45pm
Ages 13-18 6:45-7:30pm

April 23 - May 14 Register by April 23
Ages 7-18 (Saturday) 4-4:45pm

Homeschool Swim Lessons (Ages 3-14)

Activity# 6122112

Winchester Parks and Recreation is proud to reach out to the local homeschool students and their families by offering the following swim times. With a variety of Age groups available, we are thrilled to get all of Winchester swimming!

Fee: \$43 R, \$49 NR

Location: Jim Barnett Park, Indoor Pool

Jan. 4 - Jan. 27 Register by Jan 4
(Mon And Wed)
Times: Ages 3-6 2-2:30pm
Ages 7-14 2:30-3pm

Feb. 8 - Mar. 2 Register by Feb 8
(Mon And Wed)
Times: Ages 3-6 2-2:30pm
Ages 7-14 2:30-3pm

Mar. 14 - April 6 Register by Mar 14
(Mon And Wed)
Times: Ages 3-6 2-2:30pm
Ages 7-14 2:30-3pm

April 18 - May 11 Register by April 18
(Mon And Wed)
Times: Ages 3-6 2-2:30pm
Ages 7-14 2:30-3pm

Private Swimming Lessons (All Ages)

Activity#612147

Get Private Lessons when they are convenient for you! Private Lessons can be set up during any lap swim or general swim time at the indoor pool. Each lesson is 45 minutes long and is taught by a certified instructor. The lessons are set up on a punch pass system. All you have to do is set up a time with one of our instructors and then purchase a punch pass.

3 Punch Pass: \$57 R, \$67NR

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

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

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



Aquatic Fitness Classes

Aqua Arthritis

This Aquatics program is designed to help reduce pain, increase strength and flexibility, and decrease the feeling of isolation through social interaction. This Aquatic Arthritis class, led by a certified instructor, is designed to a fun, safe way for people with arthritis to stay fit and improve their day-to-day life.

Instructor: Brandon Ware

Fee: Included in Facility Membership; Drop-In: \$5R, \$5.50NR

Location: Jim Barnett Park, Indoor Pool

Tuesdays and Thursdays at 11am - Noon

Water Aerobics

Tone and sculpt your body with no impact to your joints. This popular water aerobics workout is a swimming blend of cardio and resistance training, and may incorporate resistance tools such as buoyant water weights, noodles, and kickboards. Taught by a certified instructor, water exercises help increase your energy, stamina, and strength

Instructor: Olivia Legge

Fee: Included in Facility Membership; Drop-In: \$5R, \$5.50NR

Location: Jim Barnett Park, Indoor Pool

Mondays, Wednesdays, Fridays
at 10 - 11am

Life Guard

Lifeguard Training (Ages 15+)

Activity# 611234 Section# T1-T3

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 for lifeguarding/CPR/AED/First Aid for 2 years. Attendance is mandatory at all sessions. You will be contacted to set up a pre-swim evaluation prior to the start of the class.

Fee: \$225 R, \$250 NR

Location: Jim Barnett Park, Indoor Pool, and George Washington Room

March 7-14 Register by Feb 24
(Mon, Wed, Sat, Sun)
Monday & Wednesday 5:00-10pm
Saturday & Sunday 9am-6pm

April 11-18 Register by March 30
(Mon, Wed, Sat, Sun)
Mon/Wed 5:00-10pm
Sat/Sun 9am-6pm

May 16-23 Register by May 4
(Mon, Wed, Sat, Sun)
Monday & Wednesday 5:00-10pm
Saturday & Sunday 9am-6pm

Lifeguard Recertification Course (Ages 15+)

Activity# 611234 Section# R1-R4

This course is designed for those who currently have a valid certification and need to renew their lifeguard certification. If your certification has expired you must take the full certification course. Participants must complete the in water skills, CPR/AED skills, and score higher than 80% on a written test in order to pass. Fee: \$45 R, \$50 NR
Location: Jim Barnett Park, Indoor Pool, and Arts & Crafts Room

February 6 Register by Jan 27
Saturday 4-6pm

March 12 Register by March 2
Saturday 4-6pm

April 16 Register by April 6
Saturday 4-6pm

May 25 Register by May 16
Saturday 4-6pm

In the Water



Parent & Me (6 Months – 3yrs)

Infant swim lessons are a great way to teach your child some important developmental skills and have fun! Parent & Me uses natural progressions to allow infants and toddlers the ability to grow in our lesson program through the use of activities and songs.

Location: Jim Barnett Park, Indoor Pool

Fee: \$48 R \$55 NR (M,W,F) \$32R, \$37NR, (Tu,Th)

No class July 4

June 20- July 11

(Mon., Wed. & Friday)

5:30-6pm

Register by June 20

June 21 - July 7

(Tues. & Thurs.)

10:00-10:30am

Register by June 21

July 18 - August 5

(Mon., Wed. & Friday)

5:30-6pm

Register by July 18

July 19- August 4

(Tues. & Thurs.)

10:00-10:30am

Register by July 19

NEW!

Outdoor Pool Session

Winchester Parks and Recreation is excited to offer Saturday swim lessons at the Outdoor Pool. Space and times are limited, so enroll to reserve your space today. **No class June 25.**

Swim 101, 201, 301

(Ages 3-6)

Activity #: 622212

Fee: \$43 R \$49 NR

Location: Jim Barnett Park, Outdoor Pool

June 4- July 30

(Saturday)

Register by June 4

9:30-10am

10-10:30am

Swim 102, 202, 302, 402

(Ages 7-14)

Activity #: 622213

Fee: \$43 R \$49 NR

Location: Jim Barnett Park, Outdoor Pool

June 4- July 30

(Saturday)

Register by June 4

10:30-11am



Aquatic Fitness Classes



Aqua Arthritis

This Aquatics program is designed to help reduce pain, increase strength and flexibility, and decrease the feeling of isolation through social interaction. This Aquatic Arthritis class, led by a certified instructor, is designed to be a fun, safe way for people with arthritis to stay fit and improve their day-to-day life.

Instructor: Brandon Ware

Fee: Included in Facility Membership; Drop-In: \$5R, \$5.50NR

Location: Jim Barnett Park, Indoor Pool

Tuesdays and Thursdays at 11am – Noon

Water Aerobics

Tone and sculpt your body with no impact on your joints. This popular water aerobics workout is a swimming blend of cardio and resistance training, and may incorporate resistance tools such as buoyant water weights, noodles, and kickboards. Taught by a certified instructor, water exercises help increase your energy, stamina, and strength.

Instructor: Olivia Legge

Fee: Included in Facility Membership; Drop-In: \$5R, \$5.50NR

Location: Jim Barnett Park, Outdoor Pool

Mondays, Wednesdays, Fridays at 10 – 11am



Swim Lessons (Ages 3-14)

No classes on July 4 for all June 20-July 11 Swim lesson classes.

About Swim Lessons University

Swim Lessons University is a child-centered, progressive swim lesson program. Each level teaches a specific set of skills that each child will need to master before moving to the next level. Previous skills are strengthened as new skills are introduced. Classes ending in -01 are reserved for children ages 3-6. Classes ending in -02 are for children ages 7-14.

Swim 101/102

Our beginner course focuses on kicking, floating and breath control. Children must be able to swim 15 feet with their face in the water in order to pass this class.

Swim 201/202

Our intermediate swim course focuses on the formal strokes of freestyle and backstroke. Children must be able to swim 25 feet using the freestyle stroke with side breathing and backstroke in order to pass this class.

Swim 301/302

Our advanced stroke course teaches children the more complex strokes of butterfly and breaststroke to swimmers that have already mastered freestyle and backstroke. Children must be able to swim 30 feet of freestyle, backstroke, butterfly, and breaststroke in order to pass this class.

Swim 401/402

This course is designed to teach lifesaving skills such as sidestroke, elementary backstroke and treading. This class is also an introduction to competitive swim training. Children must be able to swim 50 meters without stopping and complete a 50 meter IM in order to pass this class.

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

Fee:
\$48R, \$55 NR (Mon.,Wed. & Fri.)
\$32R, \$37NR, (Tues. & Thurs.)

Location: Jim Barnett Park, Indoor Pool

June 20- July 11 Register by June 20
(Mon.,Wed. & Fri.) 5-5:30pm
5:30-6pm

No Class July 4

June 21- July 7 Register by June 21
(Tues. & Thurs.) 9:30-10am
10-10:30am
5-5:30pm
5:30-6pm

July 18 - August 5 Register by July 18
(Mon., Wed. & Fri.) 5-5:30pm
5:30-6pm

July 19- August 4 Register by July 19
(Tues. & Thurs.) 9:30-10am
10-10:30am
5-5:30pm
5:30-6pm

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

Fee:
\$48R, \$55NR (Mon.,Wed. & Fri.)
\$32R, \$37NR, (Tues. & Thurs.)

Location: Jim Barnett Park, Indoor Pool

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No Class July 4

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(Mon., Wed. & Fri.) 6-6:30pm
6:30-7pm

July 19 - August 4 Register by July 19
(Tues. & Thurs.) 10:30-11am
6-6:30pm
6:30-7pm

Competitive Swim Training (Ages 7-18)

This course is designed for swimmers that have completed the highest level of swim lessons, and want to expand their skills into a swim team setting. Students will learn competitive swimming skills through the use of interval training. Participants must be able to swim laps and be proficient in all competitive strokes.

Fee: \$54R, \$61NR (M,W,F)
\$36R, \$41NR, (Tu,Th)

Location: Jim Barnett Park, Indoor Pool

June 20- July 11

Register by June 20 (Mon., Wed. & Fri.)
Ages 7-18 5-5:45pm

June 21- July 7

Register by June 21 (Tues & Thurs)
Ages 7-18 5-5:45pm

July 18 - August 5

Register by July 18 (Mon., Wed. & Fri.)
Ages 7-18 5-5:45pm

July 19- August 4

Register by July 19 (Tues. & Thurs.)
Ages 7-18 5-5:45pm



Private Swimming Lessons (All Ages)

Take private swim lessons when they are convenient for you. Private lessons can be set up during any lap swim or general swim at the indoor pool. Each lesson is 45 minutes long and is taught by a certified instructor. The lessons are on a punch pass system, just set up a time with one of our instructors then purchase a pass.

Location: Jim Barnett Park, Indoor Pool

3 Lesson Pass: \$57R, \$64NR

5 Lesson Pass: \$94R, \$107NR

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

10 Lesson Pass: \$188R, \$213NR