

# 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



## 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

## 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

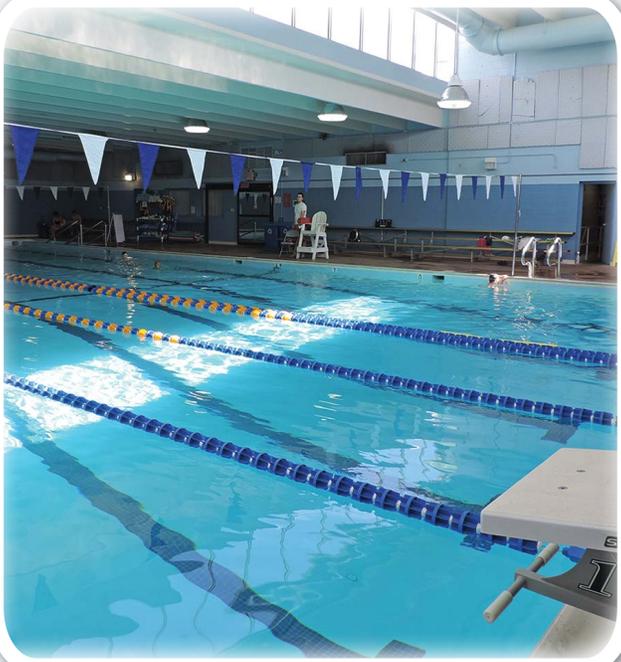
Tone and sculpt your body with no impact to your joints. This popular water aerobics workout is a swimming blend of cardio and resistance training, and may incorporate resistance tools such as buoyant water weights, noodles, and kickboards. Taught by a certified instructor, water exercises help increase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



## End the Winter Blues Pool Party

(All Ages)

Does the cold weather and snow have you wishing for summer again? Come to the indoor pool for some music, games, food, and fun. Open to all ages, this event will break the winter blues for the few more weeks until spring.

\*Children under the age of 10 must have an adult in the water with them at all times.

Fee: \$2

Location: Jim Barnett Park, Indoor Pool

**February 20** (Saturday) at 6-8pm

## Family Night Out (All Ages)

Bring the family out to the pool for a night of entertainment. There will be games, a movie and the opportunity to make new friends in the community. This is a perfect getaway for the entire family.

\*Children under the age of 10 must have an adult in the water with them at all time

Fee: Daily Admission Fee

Location: Jim Barnett Park, Indoor Pool

**April 16** (Saturday) at 6-8pm

# Special Events



## Egg Splash

(Ages 3-12)

Activity# 612317 Sections E1-E3

The indoor pool will be loaded with floating Easter eggs. Collect a certain number or color to receive a gift bag full of goodies. There will be two special eggs in each age group with the grand prize of a FREE session of swimming lessons. A value up to \$49! This event is designed for a variety of age groups. Register in advance or pay at the door.

\*Children under the age of 10 must have an adult in the water with them at all times.

Fee: \$5

Location: Jim Barnett Park, Indoor Pool

**March 19** (Saturday)

Ages 3-5 10-10:30am

Ages 6-8 10:30-11am

Ages 9-12 11-11:30am



## 3rd Annual Cardboard Boat Race

(Ages 6 & Up)

Activity #612317 Section# C1

For the third year in a row we are calling all ship builders to the rough seas of the indoor pool to show off your seafaring skills. We challenge nautical engineers of all ages to design, construct, and navigate their boats made entirely out of cardboard across the blue seas of the Indoor Pool. All teams will get an hour to build their boats then sail or paddle to the checkered flag!

Team of Two: Youth (6-16), Adult (16+), Over-Under (1 over 18, 1 under 12)

Fee: \$20R, \$25NR, per team

Register By: May 11

Location: Jim Barnett Park, Indoor Pool

**May 21** (Saturday) at 4-6pm

