

Swim Lessons (Ages 3-14)

Winchester Parks & Recreation uses Swim Lesson University which 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 This 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 This intermediate 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 This 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 Designed to teach lifesaving skills such as sidestroke, elementary backstroke and treading. This class also introduces students 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: \$43 R \$49 NR (M/W or Tu/Th)
\$21.50 R \$24.50 NR (Sat)

Location: Jim Barnett Park, Indoor Pool

January 9-February 6 Register by: 1/9

M/W 4:30pm-5pm
*No class 1/16 5pm-5:30pm
5:30pm-6pm

January 10-February 2 Register by: 1/10

Tu/Th 10am-10:30am
10:30am-11am
6pm-6:30pm
6:30pm-7pm

February 13-March 8 Register by: 2/13

M/W 4:30pm-5pm
5pm-5:30pm
5:30pm-6pm

February 14-March 9 Register by: 2/14

Tu/Th 10am-10:30am
10:30am-11am
6pm-6:30pm
6:30pm-7pm

February 18-March 11 Register by: 2/18

Saturday 11am-11:30am
11:30am-Noon

March 20-April 8 Register by: 3/20

M/W 4:30pm-5pm
5pm-5:30pm
5:30pm-6pm

March 21-April 13 Register by: 3/21

Tu/Th 10am-10:30am
10:30am-11am
6pm-6:30pm
6:30pm-7pm

March 25-April 15 Register by: 3/25

Saturday 11am-11:30am
11:30am-Noon

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

Fee: \$43 R \$49 NR (M/W or Tu/Th)
\$21.50 R \$24.50 NR (Sat)

Location: Jim Barnett Park, Indoor Pool

January 9-February 6 Register by: 1/9

M/W 6pm-6:30pm
*No class 1/16 6:30pm-7pm

January 10-February 2 Register by: 1/10

Tu/Th 10:30am-11am
6pm-6:30pm
6:30pm-7pm

February 13-March 8 Register by: 2/13

M/W 6pm-6:30pm
6:30pm-7pm

February 14-March 9 Register by: 2/14

Tu/Th 10:30am-11am
6pm-6:30pm
6:30pm-7pm

February 18-March 11 Register by: 2/18

Saturday 11am-11:30am
11:30am-Noon

March 20-April 8 Register by: 3/20

M/W 6pm-6:30pm
6:30pm-7pm

March 21-April 13 Register by: 3/21

Tu/Th 10:30am-11am
6pm-6:30pm
6:30pm-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: \$48 R \$54 NR (M/W or T/TH)
\$24 R \$27 NR (Sat)

Location: Jim Barnett Park, Indoor Pool

Monday and Wednesday:

January 9-February 6 Register by: 1/9
*No class 1/16

February 13-March 8 Register by: 2/13

March 20-April 8 Register by: 3/20

Ages 7-10 4:30pm-5:15pm
Ages 11-18 5:15pm-6:00pm

Tuesday and Thursday Sessions:

January 10-February 2 Register by: 1/10

February 14-March 9 Register by: 2/14

March 21-April 13 Register by: 3/21

Ages 7-12 6pm-6:45pm
Ages 13-18 6:45pm-7:30pm

Saturday Sessions:

February 18-March 11 Register by: 2/18

March 25-April 15 Register by: 3/25

Ages 7-18 11am-11:45am



In the Water



Parent & Me

(6 Months-3 Years)

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: \$43 R \$49 NR (M/W or T/TH)
\$21.50 R \$24.50 NR (Sat)

Monday & Wednesday Sessions:

January 9-February 6 Register by: 1/9

*No class 1/16

February 13-March 8 Register by: 2/13

March 20-April 8 Register by: 3/20

Time: 5:30pm-6pm

Tuesday and Thursday Sessions:

January 10-February 2 Register by: 1/10

February 13-March 8 Register by: 2/13

March 20-April 13 Register by: 3/20

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

Saturday Sessions:

February 18-March 11 Register by: 2/18

March 25-April 5 Register by: 3/25

Time: 11:30am-Noon

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. Since 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: \$57 R \$64 NR
5 Lesson Pass: \$94 R \$107 NR
7 Lesson Pass: \$132 R \$149 NR
10 Lesson Pass: \$188 R \$213 NR



4th Annual Cardboard Boat Race (Ages 6+)

Saturday, March 11
Calling all ship builders! Show off your seafaring skills and design, construct and navigate your boats, made entirely out of cardboard, across the blue seas of the indoor pool. All teams will get an hour to build a boat then sail or paddle to the checkered flag.

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

Time: 1pm

Fee: \$20 R \$25 NR (per team)

Register by: 3/3

Location: Jim Barnett Park, Indoor Pool

