

## HOW TO REGISTER FOR A CLASS:

1. Determine which class level is appropriate for your child. If you have questions regarding the appropriate level please call Parks & Recreation & ask for the Aquatics Manager or come by our offices.
2. Complete an Activity Registration Form (available at Falling Springs Center and on our website at [www.fallingsprings.net](http://www.fallingsprings.net)).
3. Return the form & the fee to the Parks & Recreation office located in Falling Springs Center. All classes are filled on a first come, first served basis. Registrations are accepted in person (Monday-Friday from 9A-6P), by e-mail, regular mail or via drop box located outside the Parks & Rec office. Registrations left in the drop box will be processed the following business day if space is available (does **NOT** guarantee a spot in the class). If you register by email, you must call the office to make payment by credit card. **Registrations are NOT processed without payment.**
4. There is a \$10 late fee for registrations received after the posted deadlines.
5. There are no refunds after a class has begun unless there is a medical reason that a child cannot participate and a doctor's note is provided.
6. If the Parks & Recreation Department cancels a class all fees will be refunded.



## HOME SWIM MEET SCHEDULE

The indoor pool will close at 4pm on Wednesday when there is a home swim meet. Swim Lessons classes scheduled on or after 4 PM on a swim meet day will make up their classes on a Friday of the first or second week of the session. Check the swim lesson schedule or contact your instructor for details.

May 31	Expo Meet	Home
June 7	Lexington Polo Club	Home
June 21	Wahoos	Home

## FSARC SWIM LESSON GUIDELINES:

- Check in at the front desk when coming to lessons.
- Parents are asked to remain in the bleachers for all classes (Exception: Parent participation in the water is required in Water Babies & Water Tots classes. For Level I, parents may observe from outside the Therapy Pool)
- Parents should remain in the pool area in case your child has a problem and needs you for any reason.
- We will have a brief parent meeting at the start of the first class Please send a parent representative to this class.
- Swim lessons at the Falling Springs Center are taught by American Red Cross certified Water Safety Instructors.
- FSARC follows the American Red Cross guidelines for weather. Every time there is lightning and/or thunder, there is a 30 minute waiting period from the last sight or sound. In the event of an electrical storm, both the indoor & outdoor pools will close.
- If your class is cancelled due to weather, the instructor will inform you of a make-up date. Please note that make-up classes are scheduled for facility cancellations only. For details about cancellations please call FSARC at (859) 873-5948.



Please see Tefany Bleuel (Aquatics & Fitness Manager) or a Swim & Safety Instructor with questions.  
873-5948 / [tbleuel@wvcparksrec.com](mailto:tbleuel@wvcparksrec.com)



# SWIM LESSONS

# SUMMER 2017

VERSAILLES  WOODFORD  
PARKS & RECREATION

  
FALLING SPRINGS  
CENTER  
MORE THAN JUST A GYM

275 Beasley Drive  
Versailles, KY 40383  
(859) 873-5948  
[www.wvcparksrec.com](http://www.wvcparksrec.com)

Updated 4.27.17

## SESSION DATES

### Session 1A: (2 Week Session)

**REGISTRATION DEADLINE: MAY 19**

Monday - Thursday: May 30 - June 9

\*No Class 5/29 (Memorial Day), make-up Fri, 6/2

\*No Class PM Classes Wed 6/7 (Swim Meet), make-up Fri, 6/9

### Session 1B: (4 Week Session)

**REGISTRATION DEADLINE: MAY 26**

Saturdays: June 3 - 24

### Session 2: (2 Week Session)

**REGISTRATION DEADLINE: JUNE 2**

Monday - Thursday: June 12-June 23

\*No PM Classes Wed, 6/21 (Swim Meet), make-up on Fri, 6/16

### Session 3A: (2 Week Session)

**REGISTRATION DEADLINE: JUNE 16**

Monday - Thursday: June 26-July 7

\*No AM or PM Classes, 7/4, meets on Fri 6/30

### Session 3B: (4 Week Session)

**REGISTRATION DEADLINE: JUNE 30**

Saturdays: July 8-July 29

### Session 4: (2 Week Session)

**REGISTRATION DEADLINE: JUNE 30**

Monday - Thursday: July 10-July 20

### Session 5: (2 Week Session)

**DEADLINE: JULY 14**

Monday - Thursday: July 24-Aug 3



## CLASS FORMAT & FEES

- Classes meet Mon-Thu for 2 wks unless otherwise noted. Fridays are used as make-up days.
- It is typical for a child to need 2 or more sessions of each level before advancing to the next level.
- 3 participant min/6 participant max for each class. Classes not meeting the minimum requirements may be combined or cancelled.

### WEEKDAY CLASSES:

Water Babies:	\$30 (2 days a wk)
Water Tots:	\$30 (2 days a wk)
Level 1	\$60
Level 2A & 2B	\$70

### SATURDAY CLASSES:

Water Babies:	\$ 30
Water Tots:	\$ 30
Level 1:	\$ 30
Level 2A & 2B:	\$ 35

**\$10 Late Fee After Posted Deadlines**

## CLASS LEVELS & TIMES

- 3 Participant Minimum for all Classes
- 6 Participant Maximum for all Classes
- Maximum for Water Babies is 8 Students
- Weekday classes meet Mon through Thu for 2 weeks unless otherwise noted (Fridays are make-up days)
- Saturday classes meet once per week

*\*Classes not meeting the minimum requirement may be combined or cancelled.*

**(\*) INDICATES CLASS IS ALSO OFFERED ON SATURDAYS**

### WATER BABIES

*(M/W ONLY)*

*Meets In Therapy Pool*

9:30-10:00 AM *(SAT ONLY)*

10:00-10:30 AM

6:00-6:30 PM

### WATER TOTS

*(T/Th ONLY)*

*Meets In Therapy Pool*

10:00-10:30 AM \*

6:00-6:30 PM

### LEVEL 1

*Meets In Therapy Pool*

10:40-11:10 AM \*

11:20 AM-11:50 AM

4:30-5:00 PM

5:15-5:45 PM

### LEVEL 2A

10:30-11:15 AM \*

11:45 AM-12:30 PM

3:45-4:30 PM

5:30-6:15 PM

### LEVEL 2B

11:30-12:15 PM \*

12:30-1:15 PM

4:30-5:15 PM

6:30-7:15 PM



## CLASS DESCRIPTIONS

### WATER BABIES: 6-18 months

In this interactive parent & child class, babies are introduced to the Aquatic environment where they will become more comfortable in the water by getting their faces wet, blowing bubbles, kicking and feeling comfortable on their backs. Parents will also be introduced to safety rules, water entry and exit and holds to children feel secure while in the water. Using music and toys are all part of the fun in this introductory class.

### WATER TOTS: 18-36 months

This class is designed to help tots take the next step in swimming and water safety. Kids will start to learn swim skills with the help of the parent. Independence and confidence will be encouraged as your Tot improves on their ability to separate from you in the water. Group games & music make this class fun to play & learn socially as the Tots learn to blow bubbles, kick, move their arms rhythmically & float.

### LEVEL 1: INTRO TO WATER SKILLS

This is a water-skills exploration course. Participants will learn how to control breathing by blowing bubbles and submerging their face. They will practice body position on their front and back while increasing independence. Water Safety rules and life jacket safety will also be discussed.

### LEVEL 2A: FUNDAMENTAL AQUATIC SKILLS

Your child will learn rhythmic breathing and how to retrieve objects while fully submerged. They will combine arm and leg motions on the front and back. They will learn to roll over front-to-back and back-to-front and how to tread water. Students will review water safety rules from Level I as well as new topics of safety.

### LEVEL 2B: STROKE DEVELOPMENT

This class is designed for those who have completed Level 2A (possibly more than 1 session) & are confident enough in the water to work more independently with less hands on guiding. They will work on technique for the front and back crawl strokes and will introduce the butterfly kick and body motion. Students will work on treading water and begin learning head-first entries. This is a great place to begin learning competitive swimming techniques. *(Students must be able to stay afloat independently).*



**Be prepared this summer! Every child should know how to be safe in and around the water!**