

## HOW TO REGISTER FOR A CLASS:

1. Visit [www.vwcparksrec.com](http://www.vwcparksrec.com), hover over Falling Springs, then hover over Aquatics and click on Swim Academy. Click the link to register online or register at Falling Springs Mon-Fri, 9am-6pm.
2. All classes are filled on a first come, first served whether you register online, by email, regular mail, in person or via drop box located outside the Parks & Rec office. Registrations left in the drop box will be processed the next 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.**
3. There is a \$10 late fee for registrations received after the posted deadlines.
4. 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. If the Parks & Recreation Department cancels a class all fees will be refunded.

## FSARC SWIM LESSON GUIDELINES:

- Parents are asked to remain in the Parent Zone for all classes (exception: Parent participation in the water is required for Water Babies & Water Tots classes. For Level 1, parents may observe from outside the Therapy Pool).
- Parents should remain in the pool area in case his or her child has a problem and is needed for any reason.
- Falling Springs Center 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 Falling Springs Center at (859) 873-5948.



### QUESTIONS?

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



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

### WCHS SWIM MEET SCHEDULE

*If you have a lesson that falls on a swim meet day, the class will be made up the following Friday.*

**WCHS hosts home swim meets on Wednesdays at Falling Springs, but the schedule has not yet been released. We will post the schedule once it is available.**

WAITLIST CLASSES MAY BE OFFERED  
IF A SCHEDULED CLASS IS FULL.  
CONTACT THE FRONT OFFICE FOR DETAILS.



## CHECK OUT THE NEW



## SMALLER CLASSES DEFINED PROGRESSION MORE INDIVIDUALIZED ATTENTION

### Mission Statement

*Falling Springs Swim Academy promotes the joy of swimming for all ages giving individualized attention as swimmers progress through levels developing water comfort, gaining safety awareness, and refining swim strokes skills leading to a lifetime of fitness and water enjoyment.*

VERSAILLES WOODFORD  
PARKS & RECREATION

Updated 8.23.18

## SESSION DATES

### **SESSION 1: DEADLINE AUGUST 31**

Saturdays: Sept 8 - 29  
Mon & Wed: Sept 10 - Oct 3  
Tue & Thurs: Sept 11 - Oct 4

### **SESSION 2: DEADLINE OCTOBER 5**

Saturdays: Oct 20 - Nov 10  
Mon & Wed: Oct 15 - Nov 7 \*No class on 10/31, Make-up-11/2  
Tue & Thurs: Oct 16-Nov 8

### **SESSION 3: DEADLINE: NOVEMBER 9**

Mon & Wed: Nov 12 - Dec 12 \*No classes Thanksgiving week  
Tue & Thurs: Nov 13 - Dec 13 \*No classes Thanksgiving week  
**No Saturday classes this session**

### **SESSION 4: DEADLINE: DECEMBER 28**

Saturdays: Jan 5 - Jan 26  
Mon & Wed: Jan 7 - Jan 30  
Tue & Thurs: Jan 8 - Jan 31

### **SESSION 5: DEADLINE: JANUARY 25**

Saturdays: Feb 2 - Feb 27  
Mon & Wed: Feb 4 - Feb 27  
Tue & Thurs: Feb 5 - Feb 28

### **SESSION 6: DEADLINE: FEBRUARY 22**

Saturdays: Mar 2 - 23  
Mon & Wed: Mar 4 - 27  
Tue & Thurs: Mar 5 - 28

### **SESSION 7: DEADLINE: MARCH 29**

Mon & Wed: April 8 - May 1  
Tue & Thurs: April 9 - May 2  
**No Saturday classes this session**

## CLASS FORMAT & FEES

### **4 WEEK CLASSES (M/W & T/TH)**

- Water Babies & Water Tots: \$65
- Level 1A & Level 1B: \$70
- Level 2A & Level 2B: \$75

### **4 WEEK CLASSES (Saturdays)**

- Water Babies & Water Tots: \$35
- Level 1A & Level 1B: \$40
- Level 2A & Level 2B: \$45
- Swim Team Prep: \$55

*\$10 Late Fee After Posted Deadlines*

## CLASS LEVELS & TIMES

**3 Participant Minimum for all Classes**  
**4 Participant Maximum for WB - LV2B**

**SMALLER CLASS SIZES**  
**MAXIMIZE INDIVIDUAL ATTENTION!**

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

### **WATER BABIES**

#### ***Meets In Therapy Pool***

Mon/Wed: 5:30 PM - 6:00 PM  
Saturdays: 8:30 AM - 9:00 AM

### **WATER TOTS**

#### ***Meets In Therapy Pool***

Tue/Thurs: 6:00 PM - 6:30 PM  
Saturdays: 9:15 AM - 9:45 AM

### **LEVEL 1A**

#### ***Meets In Therapy Pool***

Mon/Wed: 6:30 PM - 7:00 PM  
Tue/Thurs: 5:15 PM - 5:45 PM  
Saturdays: 10:00 AM - 10:30 AM

### **LEVEL 1B**

#### ***Begins in Therapy Pool & will move to Main Pool***

Mon/Wed: 7:00 PM - 7:30 PM  
Tue/Thurs: 6:15 PM - 6:45 PM  
Saturdays: 10:30 AM - 11:00 AM

### **LEVEL 2A**

Mon/Wed: 5:45 PM - 6:30 PM  
Tue/Thurs: 5:15 PM - 6:00 PM  
Saturdays: 11:00 AM - 11:45 AM

### **LEVEL 2B**

Mon/Wed: 6:30 PM - 7:15 PM  
Tue/Thurs: 5:45 PM - 6:30 PM  
Saturdays: 11:45 AM - 12:30 PM

### **SWIM TEAM PREP (Saturdays Only, Max 6 Participants)**

Saturdays: 8:00-9:00 AM



## CLASS DESCRIPTIONS

**WATER BABIES (6 mo-18 mo):** In this interactive parent & child class your baby is introduced to the aquatic environment. Babies become more comfortable in the water by getting their faces wet, blowing bubbles, kicking & resting on their backs. You, the parent, are introduced to safety rules, water entry & exit, and holds to help your child feel secure. Music and toys are part of the fun in this introductory class.

**WATER TOTS (18 mo-36 mo):** This class helps your tot take the next step in swimming and water safety. Independence and confidence are gained as your tot improves their ability to separate from you in the water. Group games & music add fun as academy members learn to blow bubbles, kick, move their arms rhythmically and float with the help of both parent and instructor.

**LEVEL 1 - INTRO TO WATER SKILLS:** This is a water-skills exploration course. Participants learn to control breathing by blowing bubbles and submerging their faces. They practice body position and correct arm and leg movement on their front and back while increasing independence. Water Safety rules and life jacket safety are also discussed.

**LEVEL 1B - PROGRESSION OF BASIC WATER SKILLS:** This class helps transition swimmers, allowing them to expand Level 1A skills in both the therapy pool and the main pool. Swimmers submerge themselves underwater, swim more independently and begin learning to breathe to the side. Arm and leg extension is also developed.

**LEVEL 2A - FUNDAMENTAL AQUATIC SKILLS:** Your child learns rhythmic breathing and how to retrieve objects while fully submerged. They combine arm and leg motions for freestyle and backstroke. Swimmers learn to transition from a float to a swim and to tread water. They also review safety skills.

**LEVEL 2B - STROKE DEVELOPMENT:** This class is designed for those who have mastered Level 2A and confidently move independently in the water. Swimmers work on technique for the freestyle and backstroke and begin learning the butterfly kick and body motion. They continue treading water and begin practicing head-first entries. (To enroll, students must be able to stay afloat independently.)

**SWIM TEAM PREP-STROKE IMPROVEMENT/REFINEMENT:** This level improves students' freestyle and backstroke as well as introduces them to the breaststroke. They become more proficient with the butterfly. Participants continue improving their diving skills as well as increase endurance, efficiency and overall fitness level through swim conditioning drills. (To enroll, students must be able to complete a 50 yard swim.)

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