

River City Athletic Club

Swimming Lessons



April 22 - June 15, 2024

****There will be no class on 5/27. Monday classes will be prorated.****

	Sunday	Monday	Tuesday	Wednesday	Thursday	Saturday
Baby Sharks Water Safety						9:00-9:30am ----- 11:00-11:30am
Guppies						10:30-11:00am
Squirts			4:45-5:15pm		4:00-4:30pm ----- 4:45-5:15pm	9:00-9:30am ----- 10:30-11:00am ----- 11:15-11:45am
Sailfish		4:00-4:30pm	4:00-4:30pm		4:00-4:30pm ----- 4:45-5:15pm	9:45-10:15am
Barracudas		4:45-5:15pm	4:00-4:30pm	4:45-5:15pm		9:45-10:15am
Dolphins			4:45-5:30pm	4:00-4:30pm		
Team Training			5:30-6:30pm		5:30-6:30pm	
Fins Up		5:30-6:15pm				
Open Swim (Thru 5/22)	1:00-3:00pm (Athletic Club)			5:30-6:30pm (Kids Club)		12:00-2:00pm (Kids Club)

Open Swim is complimentary for members. There is a \$10 admission for guests.

Kids Club Swimming- Classes meet once a week

BABY SHARKS (introductory-12 months to 3 years)

Baby Sharks is a shortened water safety course designed to teach a parent and child age appropriate water skills. In this four-week session, children and their guardian will work toward mastering three beginner swimming milestones: independent floating, rolling into a back float, and how to climb out of a pool. For this course, an adult is required to be in the water with the child.

GUPPIES (introductory-3 years & older)

This class is perfect for young beginner level children who are not quite ready to safely participate in a group lesson without a parent or guardian in the water with them. Parents and students will learn water safety skills along with activities to encourage a child's interest in swimming such as floats and streamlines, and beginner strokes.

SQUIRTS (skill level-Beginner)

This class is for students who are new to swimming. In this class students begin swimming solo with a flotation belt and practice swimming on their front and back. Safety and water survival skills are introduced. *Recommended ages- 3-6 years.*

SAILFISH (skill level-Beginner)

This class is for beginner students who are independent. Students will learn the fundamentals of freestyle and backstroke while improving their endurance. *Recommended ages- 7 and older.*

BARRACUDAS (skill level-Intermediate)

Students learn the breaststroke and butterfly stroke while they continue to work on freestyle and backstroke techniques and build endurance. *Prerequisites- Students must be able to swim 25 yards unassisted.*

DOLPHINS (skill level-Advanced)

Students work on perfecting freestyle, backstroke, breaststroke, and butterfly. They will continue to work on endurance and will learn the fundamentals of open and flip turns. *Prerequisites- students must be able to swim 25 yards in breaststroke, backstroke, and freestyle unassisted.*

SWIM TEAM TRAINING (meets twice a week on Tuesday and Thursday)

Swimmers learn the fundamentals of competitive swimming; improved stroke efficiency, turns, finishes and underwater breakouts, reading a swim workout and following a pace clock. Swimmers will build endurance and work together as a team in a fun and positive environment. *Prerequisites- Swimmers must be familiar with all four strokes and be able to swim 25 yards unassisted.)*

FINS UP - Age 14+

This class is tailored to the specific goals of individual participants, from the basics of swimming to perfecting the different strokes.

Swimming Program Fees / Session

Baby Sharks (4 Week Course)	\$65.00
Guppies	\$120.00
Squirts, Sailfish, Barracudas, Dolphins, Fins Up	\$150.00
Swim Team Training	\$185.00

Important Information

- Due to our small class ratios, we are unable to offer make-ups for missed classes.
- Kids Club Refund Policy: Should cancellation occur before the start of a session, full tuition minus a \$25 processing fee will be refunded. Should cancellation occur after classes have started, no refund will be given. Please allow 2 weeks for processing.
- Swimmer Attire: Hair should be pulled back from the face or in a swim cap. Swimsuits must be worn. Infants, toddlers, or any child not potty trained must wear a swim diaper.
- Anyone not enrolled in a class will not be allowed in the pool during lessons.

Register at River City Athletic Club
8603 N University St., Peoria IL (309) 693-5700