



YOUTH SWIMMING LESSONS



American Red Cross

The purpose of the American Red Cross Swimming and Water Safety program is to teach individuals of different ages and abilities how to swim and be safe in, on and around the water. In a logical progression, the program covers the knowledge and skills needed for aquatic skill development. As participants develop these skills, they will become better swimmers. Our program features American Red Cross certified swim instructors who give personalized attention to each student. We strive for a 4:1 student to instructor ratio in our Dolphin classes and a 5:1 ratio for our Level 1-6 Program.

▶ AQUA BABIES AGES: 6-24 MONTHS

FOCUS: Develop a high comfort level in the water while at the same time training parents in water safety and drowning prevention.
PRE-REQUISITE: One parent must be in the water with each child. Swim diapers required. 8:1 student-to-instructor ratio.

▶ AQUA TOTS AGES: 24-36 MONTHS

FOCUS: Students will learn to float, blow bubbles, put their face in independently and be introduced to deeper water.
PRE-REQUISITE: One parent must be in the water with each child. Swim diapers required. 8:1 student-to-instructor ratio.

▶ DOLPHIN 1 AGES: 3-5 YEARS

FOCUS: Being in a class setting and going under water independently. Floating, breath control underwater & forward movement in the water.
PRE-REQUISITE: Child must be ready to participate in a group setting.

▶ DOLPHIN 2 AGES: 3-5 YEARS

FOCUS: Front Crawl stroke with breathing and being comfortable in deep water.
PRE-REQUISITE: Floating on front and back independently and forward movement through water.

▶ DOLPHIN 3 AGES: 3-5 YEARS

FOCUS: Improves strokes, endurance, basic dives and comfort in deep water.
PRE-REQUISITE: Swim 15 yards with coordinated arm and leg movement.

▶ LEVEL 1 AGES: 6+ YEARS

FOCUS: Being in a class setting and going under water independently. **PRE-REQUISITE:** Child must be ready to participate in a group setting.

▶ LEVEL 2 AGES: 6+ YEARS

FOCUS: Floating, breath control underwater and forward movement in the water. **PRE-REQUISITE:** Going underwater without hesitation.

▶ LEVEL 3 BEGINNER AGES: 6+ YEARS

FOCUS: Front Crawl, deep water adjustment and treading.
PRE-REQUISITE: Floating on front and back independently and forward movement through water.

▶ LEVEL 3 ADVANCED AGES: 6+ YEARS

FOCUS: Front Crawl with breathing, elementary backstroke, diving basics and treading. **PRE-REQUISITE:** Front Crawl and comfortable in deep water, tread for 30 seconds.

▶ LEVEL 4 AGES: 6+ YEARS

FOCUS: Stroke work for 4 competitive strokes plus sidestroke and elementary backstroke and underwater swimming.
PRE-REQUISITE: Swim 15 yards of front crawl with breathing.

▶ LEVEL 5 AGES: 6+ YEARS

FOCUS: Increase swimming efficiency and distance.
PRE-REQUISITE: Swim 25 yards of front crawl with breathing, breaststroke & elementary backstroke.

▶ LEVEL 6 AGES: 6+ YEARS

FOCUS: Swimming & skill proficiency for a lifetime.
PRE-REQUISITE: Swim 4 competitive strokes plus sidestroke and elementary backstroke efficiently.



UNSURE OF WHICH LEVEL YOUR CHILD BELONGS IN?

Schedule a 5 minute swim assessment with a certified instructor. Contact Katie Haldeman at 303-661-1473 or email katie.haldeman@cityoflafayette.com.

Youth Programs



SESSION	DATES	DAY	LOCATION	R/NR
Session A	1/10-2/2	Tue/Thu	Recreation Center	\$45/\$55 (4 weeks)
Session B	2/7-3/2	Tue/Thu	Recreation Center	\$45/\$55 (4 weeks)
Session C	3/7-3/23	Tue/Thu	Recreation Center	\$35/\$45 (3 weeks)
Session D	4/4-4/27	Tue/Thu	Recreation Center	\$45/\$55 (4 weeks)
Session A	1/21-2/11	Sat	Recreation Center	\$25/\$35 (4 weeks)
Session B	2/18-3/18	Sat	Recreation Center	\$30/\$40 (5 weeks)
Session C	4/1-4/29	Sat	Recreation Center	\$25/\$35 (4 weeks) No class 4/22

TUESDAY/THURSDAY MORNING BOB L. BURGER RECREATION CENTER		
TIME	CLASSES/CODES	
9:00-9:30AM	DOLPHIN 2 713320	DOLPHIN 3 713330
9:35-10:05AM	AQUA BABIES/ AQUA TOTS 713300	DOLPHIN 1 713310
10:10-10:40AM	DOLPHIN 1 713311	DOLPHIN 2 713321

TUESDAY/THURSDAY EVENING LESSONS BOB L. BURGER RECREATION CENTER					
TIME	CLASSES/CODES				
4:15-4:45PM	DOLPHIN 1 713312	DOLPHIN 2 713322	LEVEL 1 713410	LEVEL 3 Beginners 713430	LEVEL 4 713440
4:55-5:25PM	DOLPHIN 1 713313	DOLPHIN 2 713323	DOLPHIN 3 713331	LEVEL 3 Advanced 713435	LEVEL 4 713441
5:35-6:05PM	AQUA TOTS/ AQUA BABIES 713301	DOLPHIN 1 713314	DOLPHIN 3 713332	LEVEL 3 Beginners 713431	LEVEL 6 713460
6:15-6:45PM	DOLPHIN 2 713324	DOLPHIN 3 713333	LEVEL 2 713420	LEVEL 3 Advanced 713436	LEVEL 5 713450



SATURDAY MORNING LESSONS - BOB L. BURGER RECREATION CENTER					
TIME	CLASSES/CODES				
9:15-9:45AM	AQUA BABIES 713500	DOLPHIN 1 713510	LEVEL 1 713610	LEVEL 3 Beginners 713630	LEVEL 5 713650
9:55-10:25AM	DOLPHIN 1 713511	DOLPHIN 2 713520	DOLPHIN 3 713530	LEVEL 2 713620	LEVEL 3 Advanced 713635
10:35-11:05AM	DOLPHIN 2 713521	DOLPHIN 3 713531	LEVEL 3 Beginners 713631	LEVEL 3 Advanced 713636	LEVEL 6 713660
11:15-11:45AM	AQUA TOTS 713505	DOLPHIN 1 713512	DOLPHIN 2 713522	DOLPHIN 3 713532	LEVEL 4 713640

PRIVATE & SEMI-PRIVATE SWIM LESSONS

The swim instructors at the Bob L. Burger Recreation Center offer fun, exciting and effective private swim lessons. Lessons can be held for one or two persons on their schedule and are 30 minutes in length. To sign up, call Katie Haldeman at 303-661-1473 or email Katie at katie.haldeman@cityoflafayette.com.

CLASS	RESIDENT	NON-RESIDENT
3-Pak Private (15 minute lessons)	\$35	\$40
6-Pak Semi-Private (15 minute lessons)	\$60	\$75
Semi-Private/3-Pak Semi-Private	\$20/\$40 per student	\$23/\$50 per student



Youth Programs

STROKE CLINICS

Join us this Spring for an all inclusive stroke clinic to keep your stroke technique sharp during the off season. Classes are 45 minutes in length and will be working on endurance as well as stroke refinement. Classes are limited to the first 12 that register. Class format for a four week session will include one week each of freestyle, backstroke, breast/fly combined and starts and turns.

Pre-requisite: Students must have knowledge of all four competitive strokes and be able to swim 50 yards of freestyle, and backstroke and 25 yards breast stroke and butterfly.

Location: Bob L. Burger Recreation Center Pool

Session A: 1/10-2/2

CODE	R/NR	Day	TIME	AGE
713050-A	\$35/\$45	Tue	4:50-5:35PM	6-10 yrs
713051-A	\$35/\$45	Tue	5:40-6:25PM	11-18 yrs
713052-A	\$35/\$45	Thr	4:50-5:35PM	6-10 yrs
713053-A	\$35/\$45	Thr	5:40-6:25PM	11-18 yrs

Session B: 2/7-3/2

CODE	R/NR	DAY	TIME	AGE
713050-B	\$35/\$45	Tue	4:50-5:35PM	6-10 yrs
713051-B	\$35/\$45	Tue	5:40-6:25PM	11-18 yrs
713052-B	\$35/\$45	Thr	4:50-5:35PM	6-10 yrs
713053-B	\$35/\$45	Thr	5:40-6:25PM	11-18 yrs

SESSION C: 3/7-3/23 (3 WEEKS)

CODE	R/NR	DAY	TIME	AGE
713050-C	\$26/\$36	Tue	4:50-5:35PM	6-10 yrs
713051-C	\$26/\$36	Tue	5:40-6:25PM	11-18 yrs
713052-C	\$26/\$36	Thr	4:50-5:35PM	6-10 yrs
713053-C	\$26/\$36	Thr	5:40-6:25PM	11-18 yrs

SESSION D: 4/4-4/27

CODE	R/NR	DAY	TIME	AGE
713050-D	\$35/\$45	Tue	4:50-5:35PM	6-10 yrs
713051-D	\$35/\$45	Tue	5:40-6:25PM	11-18 yrs
713052-D	\$35/\$45	Thr	4:50-5:35PM	6-10 yrs
713053-D	\$35/\$45	Thr	5:40-6:25PM	11-18 yrs



HOME SCHOOL LESSONS AGES 3+

These lessons are geared more towards children who are homeschooled but are open to anyone who wants to enroll. Classes are split by age group and will follow curriculum used in the American Red Cross swimming and water safety program.

PRESCHOOL (AGES 3-5 YRS)

CODE	R/NR	DAY	TIME	DATE
713390-A	\$20/\$30	Mon	11:25-11:55AM	1/9-1/30*
713390-B	\$25/\$35	Mon	11:25-11:55AM	2/6-3/6**
713390-C	\$25/\$35	Mon	11:25-11:55AM	3/13-4/3
713390-D	\$20/\$30	Mon	11:25-11:55AM	4/10-4/24

► * No class on 1/16 ► ** No class on 2/20

GRADE SCHOOL (AGES 6+)

CODE	R/NR	DAY	TIME	DATE
713490-A	\$25/\$35	Mon	12-12:30PM	1/9-1/30*
713490-B	\$25/\$35	Mon	12-12:30PM	2/6-3/6
713490-C	\$20/\$30	Mon	12-12:30PM	3/13-4/3
713490-D	\$25/\$35	Mon	12-12:30PM	4/10-4/24

► * No class on 1/16

TEEN SWIM LESSONS AGES 11+

This class is for teenagers who want to build confidence in their swimming skills along with other participants their age. Participants will work in a group setting with individualized attention from a certified instructor to help meet your goals.

Code	R/NR	Day	Time	Date
713100-A	\$45/\$55	Tues/Thr	5:35-6:05PM	1/10-2/2
713100-B	\$45/\$55	Tues/Thr	5:35-6:05PM	2/7-3/2
713100-C	\$35/\$45	Tues/Thr	5:35-6:05PM	3/7-3/23 (3 weeks)
713100-D	\$45/\$55	Tues/Thr	5:35-6:05PM	4/4-4/27

Youth Programs

LIFEGUARD INFORMATION

LIFEGUARD TRAINING

The American Red Cross Lifeguard class includes CPR/AED for the professional rescuer, all you need to become a certified Lifeguard!

Pre-requisites: 15 years of age by the end of the class, swim 300 yards utilizing front crawl and breaststroke and swim 20 yards, surface dive to 10 feet of water to retrieve a 10-pound brick from bottom of pool, return to the surface and swim 20 yards back to the starting point with the brick.

YOU MUST ATTEND EVERY CLASS TO RECEIVE AN AMERICAN RED CROSS CERTIFICATION.

Please register early to prevent class cancellation.

CODE	R/NR	DAY	TIME	DATE
643000-B	\$170/\$195	Daily	9AM-4PM	12/27-12/30
713000-A	\$170/\$195	Daily	9AM-4PM	3/25-3/27
713000-B	\$170/\$195	Daily	9AM-4PM	4/14-4/16

SWIM TEAM

Come join our team and have fun swimming during the summer! Six swim meets are held on Saturday mornings during June through July followed by championship meets. The Lafayette Seals Swim Team has an excellent coaching staff to help you improve your swimming skills. Our team is a recreation team focused on improving swimming ability and having fun. Swimmers must be able to swim two pool lengths of front crawl with proper breathing and stroke form. Fee includes team shirt and swim cap. Participants are responsible to purchase their own suit and goggles. Seals swim team activities and events are largely coordinated by the Lafayette Seals Booster Club. All families will be expected to volunteer for at least 2 swim meets. www.lafayetteseals.swimtopia.com.

REGISTRATION BEGINS: March 6th

REGISTRATION DEADLINE: May 9th

A \$10 late fee per participant after deadline date. **No registration will be taken after May 30, 2017.**

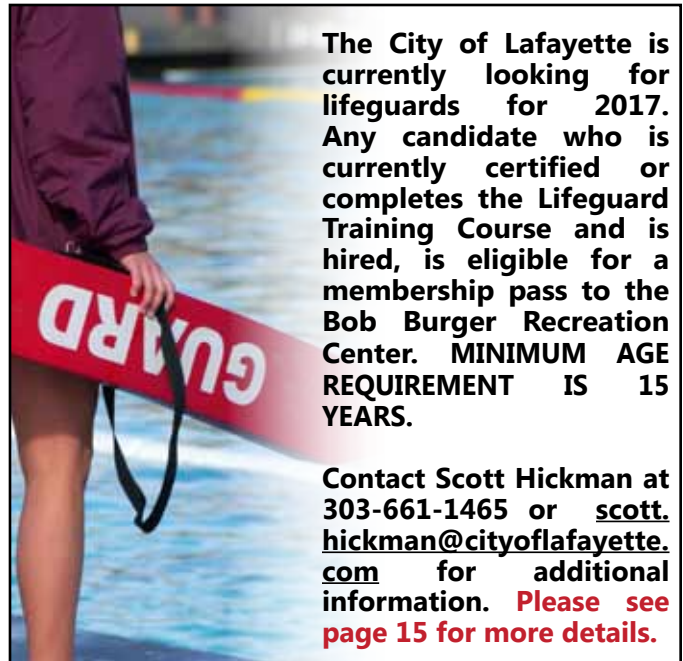
MORNING PRACTICES: May 30 - July 20, 2017

CODE	R/NR	DAY	TIME	AGE
737130-A	\$145/\$155	Mon-Fri	6-7:30AM	13-18
737120-A	\$145/\$155	Mon-Fri	7:30-8:30AM	11-12
737110-A	\$145/\$155	Mon-Fri	8:30-9:00AM	9-10
737105-A	\$145/\$155	Mon-Fri	9:30-10:30AM	8 & Under

**MANDATORY SWIM ASSESSMENT:
FOR ALL NEW SWIMMERS
Sat, May 6 10:00AM at BBRC Pool**

**MANDATORY PARENTS MEETING:
Wed, March 22 6:30PM at Senior Center, 103 S. Iowa St.**

**SUIT FITTINGS:
Will be announced at the Parents Meeting**



The City of Lafayette is currently looking for lifeguards for 2017. Any candidate who is currently certified or completes the Lifeguard Training Course and is hired, is eligible for a membership pass to the Bob Burger Recreation Center. **MINIMUM AGE REQUIREMENT IS 15 YEARS.**

Contact Scott Hickman at 303-661-1465 or scott.hickman@cityoflafayette.com for additional information. **Please see page 15 for more details.**

LIFEGUARDS WANTED!

