

# LET'S SWIM TOGETHER.

## GROUP SWIM LESSONS

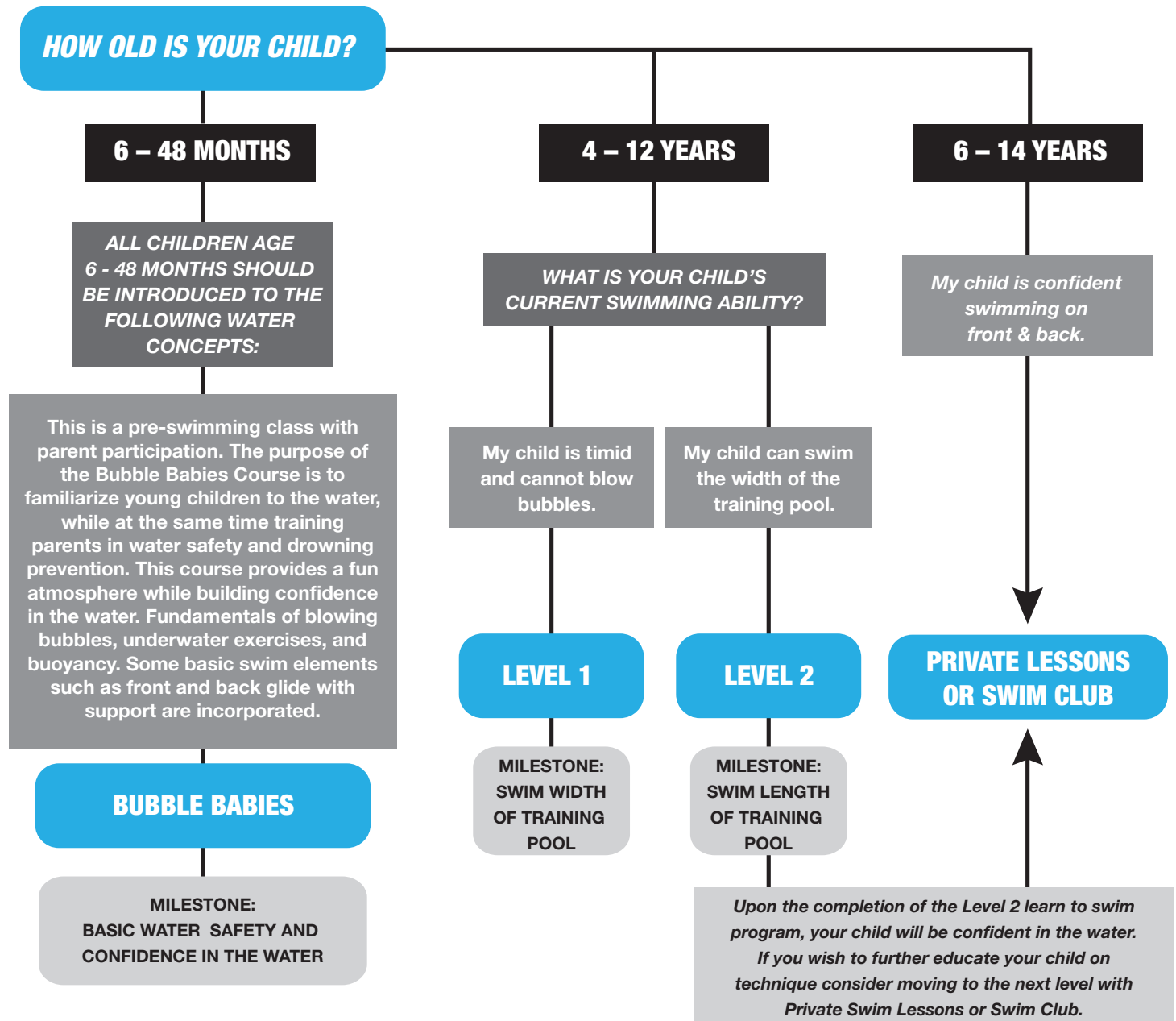


The Amarillo Town Club has long been Amarillo's top choice for swim lessons. With both private and group lessons available, ATC is an affordable, convenient, and safe place to learn to swim. Our ATC certified swim instructors focus on water safety along with swimming technique, form, breathing and speed - all in a safe and friendly environment. Sign up today and see why ATC is Amarillo's top choice for swim lessons!

# GROUP SWIM LESSONS

## CHOOSING THE RIGHT CLASS FOR YOUR CHILD

The ATC Group Swim Lessons Curriculum consists of courses containing age-appropriate activities that focus on the development of core swimming competencies and, once achieved, development of proper stroke technique. It is important that students enroll in a course that is age and developmentally appropriate. Utilizing the flow-chart below, you can assess your child's unique skill level and developmental progression to determine what class would be best for their swim progression.



# GROUP SWIM LESSONS

## CURRICULUM

The ATC Group Swim Lessons Curriculum consists of courses containing age-appropriate activities that focus on the development of core swimming competencies and, once achieved, development of proper stroke technique. It is important that students enroll in a course that is age appropriate. Regardless of age, each student will work at his or her individual level of swimming development within a lesson. All children will be individually assessed as to what level and what class would be best for their swim progression.

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### **BUBBLE BABIES CURRICULUM AGES 6–48 MONTHS**

Parent/Caregiver & Child | (4) 30-minute lessons (Monday/Wednesday -or- Tuesday/Thursday)

Bubble Babies: (Ages 6 months to 48 months) We will be going over safety measures, proper holding positions and much more! Parents being in the water with the children will help them to be much more open to the group experience. This is a class to help parents develop the essential skills needed to ensure their children are both safe and comfortable in the water. We will introduce the fundamentals of blowing bubbles, going under water and how to kick. Some basic swim elements such as front and back glide with support are incorporated. This course is not designed to teach children to become good swimmers or to survive in the water on their own. It is designed to prepare them to learn to swim in the level 1 class. You may choose either Monday and Wednesday or Tuesday and Thursday. Whichever works best for your schedule!

Class is held in the ATC training pool. On the first day of class meet you instructor in the members lounge. The instructor will give you an introduction to the course and go over basic class rules. After the introduction you will enter the water with the instructor and your child. A maximum ratio of (1) instructor to (5) students is permitted.

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### **LEARN TO SWIM: LEVEL 1-2 CURRICULUM AGES 4 – 12 YEARS**

(10) 30-minute lessons (Monday–Friday)

#### **LEVEL 1**

The Level 1 course is designed to meet the needs of four year olds and up through elementary age. This course will develop a higher comfort level in the water, safe practices in and around water, and good swim habits. For those children who are developmentally ready, it will teach beginning swim skills. Students work toward accomplishing the core competencies as listed below and receive recognition that shows the child has obtained a solid understanding of the skill and can achieve it with or without assistance. A maximum ratio of (1) instructor to (5) students is permitted.

- Blowing bubbles and bobbing
- Retrieve submerged objects
- Roll from back to front
- Front and back glides and floats
- Swim the width of the training pool
- Swim the width of the training pool using combined arm and leg actions

*Safety Skill:* Always ask permission before getting in the water.

At this level the parent and child may elect to repeat this course until these skills are accomplished or take Private Lessons.

#### **LEVEL 2**

The Level 2 course is designed to give participants success with fundamental skills by working towards and accomplishing the core competencies as listed below. The child receives recognition that demonstrates that they have obtained a solid understanding of the skill and can achieve it assisted or unassisted dependent on the activity. The Level 2 course is designed for preschoolers on up through elementary age. A maximum ratio of (1) instructor to (5) students is permitted.

- Successful demonstration of Level 1 core competencies
- Fully submerged and holding breath
- Opening eyes underwater and retrieving submerged objects
- Unassisted front and back glides and floats
- Roll from front to back and back to front
- Tread water using arm and leg action
- Combined arm and leg actions on front and back
- Assisted roll from streamline to starfish
- Swim the length of the training pool using combined arm and leg actions

*Safety Skill:* Learn how to recognize an emergency and how to call for help.

At this level the parent and child may elect to repeat this course until these skills are accomplished or advance to the next level.

*More advanced levels available. Evaluation prior to acceptance.*



# GROUP SWIM LESSONS

## 2025 EXPECTED SESSIONS

### LEVEL CLASSES (4 years to 12 years)

Level classes run Monday through Friday. *\*Fridays are fun days!*

**Session 1: April 14-25**

4:00pm, 5:30pm

**Session 2: April 28 - May 9**

4:00pm, 5:30pm

**Session 3: May 12-23**

4:00pm, 4:45pm, 5:30pm, 6:15pm

**Session 4: May 26 - June 6**

9:40am, 10:20am, 4:00pm, 4:45pm,  
5:30pm, 6:15pm

**Session 5: June 9 - 20**

9:40am, 10:20am, 4:00pm, 4:45pm,  
5:30pm, 6:15pm

**Session 6: June 23 - July 4**

9:40am, 10:20am, 4:00pm, 4:45pm,  
5:30pm, 6:15pm

**Session 7: July 7 - 18**

9:40am, 10:20am, 4:00pm, 4:45pm,  
5:30pm, 6:15pm

**Session 8: July 21 - Aug 1**

9:40am, 10:20am, 4:00pm, 4:45pm,  
5:30pm, 6:15pm

**Session 9: Aug 4 - 15**

4:00pm, 4:45pm, 5:30pm, 6:15pm

**Session 10: Aug 18 - 29**

4:00pm, 4:45pm, 5:30pm, 6:15pm

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### BUBBLE BABIES (6 Months to 48 Months)

Parents/guardians must be in the water with their children. Having the same parents/guardians in class is preferred to optimize learning.

**Session 1: April 14-25**

4:45pm, 6:15pm

**Session 2: April 28 - May 9**

4:45pm, 6:15pm

**Session 3: May 12-23**

4:45pm, 6:15pm

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9:40am, 4:45pm, 6:15pm

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9:40am, 4:45pm, 6:15pm



# GROUP SWIM LESSONS

## POLICY & INFORMATION

### FAQ:

- All parents will meet in the members' lounge on the first day of class. They should be approached by an instructor, who will introduce them to swimming lessons.
  - Practice, Practice, Practice! We urge our parents to get in the water and practice with them to retain what the children have learned in class.
  - Goggles are not required but are suggested. If the child's ears hurt underwater, they need earplugs.
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### *Lesson-specific information:*

#### BUBBLE BABIES & LEVEL CLASSES

- There is no distinction between level classes when signing up.
- All children are evaluated on the first day of class to ensure that they are participating with students of similar skill levels. Adjustments will be made as deemed necessary and as space permits.
- Any child that is not toilet trained must wear a swim diaper.
- For Bubble Babies classes, the parent/ guardian must be in the water with the child.
- There are **no make-up classes** for missed group swimming lessons. The parents may ask the instructor, but only as space is available will the make-up class be permitted.
- During swimming lesson times, the pool is not available for free swim; participants must exit the water at the end of the class.
- All morning swim lessons will be held at the Hillside location's outdoor pool. Don't forget sunscreen!
- Morning lessons canceled due to weather will be rescheduled only as space permits.

#### PRIVATE/SEMI-PRIVATE SWIM LESSONS

- We try to get as close to your schedule as possible.
  - Once the forms have been turned in, an instructor will make contact with you within 48 hours to set a lesson schedule.
  - The lesson schedule will be set by the instructor and parent; for any changes, contact the instructor directly.
  - **No-show policy:** Instructors will wait for 10 minutes. If the participant does not call or arrive within 10 minutes of the start of class, the class session will be charged at the discretion of Amarillo Town Club management.
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***For rescheduling or more information, please visit the ATC Aquatics Department at (806) 468-0391 or email [aquatics@amarillotownclub.com](mailto:aquatics@amarillotownclub.com).***



# WHY SHOULD I ENROLL MY CHILD IN SWIM LESSONS?

Swimming is a valuable skill for both children and adults, but is best learned as a child for a variety of reasons. Swimming is an activity that can be done throughout the year in pools, lakes, and oceans. Different activities can be done in these areas such as boating, diving, swimming and playing in the water. Children should learn to swim for health and safety reasons as well as to enhance personal enjoyment.

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## SAFETY

Knowing how to swim is essential for water safety. Children should be taught to swim in a safe environment, and they should learn not only swimming strokes but basic water safety techniques, such as how to float and tread water for extended periods of time. However, children should always be supervised in the water regardless of their swimming ability.

## FITNESS

Swimming is important for fitness and is one activity that can be done throughout the lifespan. Since swimming is done in the water there is minimal impact on the joints. United States Masters Swimming cites that swimming can aid in the development of both strength and cardiovascular health. Children need this and it teaches them good habits that they can use for the rest of their lives.

## PHYSICAL DEVELOPMENT

Swimming can aid physical development in children. Swimming requires coordination of both the arms and the legs, something that many other sports and activities don't offer. Strokes like breaststroke and butterfly involve the arms and legs doing very different motions at the same time. This helps the development of coordination and gross motor skills. In addition, this will help children develop higher level thinking skills as they are forced to think about their movements.

## SOCIAL OPPORTUNITIES

Enrolling a child in swimming lessons provides them with social opportunities. Most swim lessons are taught in a group and children will learn how to be patient and take their turn. In swim lessons, children learn that rough playing in the water can hurt others and they learn to take responsibility for others while they are swimming. In addition, many children go from swimming lessons to swim team and develop lasting friendships with the people they meet.



# SWIM LESSONS ENROLLMENT

## STUDENT INFORMATION

Name: \_\_\_\_\_ Date of Birth: \_\_\_\_/\_\_\_\_/\_\_\_\_ Age: \_\_\_\_

Parent/Guardian (if under 18): \_\_\_\_\_

Phone: \_\_\_\_\_ Relationship: \_\_\_\_\_

Emergency Contact Name: \_\_\_\_\_

Emergency Phone: \_\_\_\_\_ Relationship: \_\_\_\_\_

### Select One:

#### PRIVATE SWIM LESSONS

*4 years and older*

☐ **One-on-one:** \$45/half hour

☐ **Semi-private:** \$60/half hour

Preferred Times per Week: 1 or 2

Preferred Days: M T W Th F S Su

Preferred Times: \_\_\_\_\_

#### GROUP SWIM LESSONS

*Summer Only*

☐ **Bubble Babies:** \$149.95 / (4) Lessons

*M/W or Tu/Th*

☐ **Level Classes:** \$249.95 / (10) Lessons

Dates Selected: \_\_\_\_\_

Time Selected: \_\_\_\_\_

X \_\_\_\_\_

*Signature (parent/guardian if under 18)*

## OFFICE USE ONLY

Scan Card # \_\_\_\_\_ Date: \_\_\_\_\_ ATC Staff Initial: \_\_\_\_\_