

Spring 2026 Swim Lessons

330-971-8080

Rates • Registration• Courses			
Residents & Annual Members: \$58.00 (6 lessons)		Non-Residents: \$68.00 (6 Lessons)	
Walk-in Registration begins at 5:30 a.m.		*Online Registration begins at 5:30 a.m.	
Residents & Annual Members	March 2-7	Residents	March 2-7
Non-Residents	March 4-7	Non-Residents	March 4-7
Phone registration will be accepted beginning March 5th.			

See Other Side for Saturday Class Schedule

Questions & Guidelines
<p>PLEASE NOTE: All registration is on a first come, first serve basis. Residents must show proof of residency. Full payment is required at time of registration. Child's residency is based on their legal guardian's residency. A birth certification is required for first time registration accompanied by a guardian's photo identification.</p> <p>*To Register on-line log onto https://www.amilia.com/store/en/cuyahoga-falls/shop/programs</p> <p>All questions regarding appropriate class level or specific swim lesson information must be directed to the Program Supervisor prior to registration by calling (330) 971-8080.</p> <p style="text-align: center;">Aquatics reserves the right to make final decisions on class placement. An adult must be in the water with all baby/toddler classes.</p> <p style="text-align: center;">NOTE: CFone Card or Amilia account required</p> <p style="text-align: center;">**There are no make-ups for any individual missed class**</p> <p style="text-align: center;">Due to instructor availability and class demand, all classes are subject to change and/or cancellation.</p>

Thursday Class Schedule (classes held one day per week for 6 weeks) *NO CLASS 3/26*			
Level	Day of the Week	Class Time	Dates
Bubbling Babies ages 6-18 month	Thursdays	5:00-5:30pm	3/12-4/23
Toddling Turtles ages 18 months-3yrs	Thursdays	5:30-6:00pm	3/12-4/23
Level 1 ages 3-5yrs	Thursdays	5:00-5:30pm	3/12-4/23
Level 1 ages 3-5yrs	Thursday	6:00-6:30pm	3/12-4/23
Level 1 ages 3-5yrs	Thursday	6:15-6:45pm	3/12-4/23
Level 1 ages 6+	Thursday	5:00-5:35pm	3/12-4/23
Level 1 ages 6+	Thursday	6:25-7:00pm	3/12-4/23
Level 2 ages 3-5yrs	Thursday	5:30-6:00pm	3/12-4/23
Level 2 ages 3-5yrs	Thursday	6:00-6:30pm	3/12-4/23
Level 2 ages 6+	Thursday	5:35-6:10pm	3/12-4/23
Level 3 ages 3-5yrs	Thursday	5:50-6:20pm	3/12-4/23
Level 3 ages 6+	Thursday	5:15-5:50pm	3/12-4/23

Nat Swim Club ages 7-15yrs (classes held two days per week for 6 weeks Tuesdays and Thursdays 6:30-7:30pm) *NO CLASS 3/24 and 3/26*	
Fees per child: 1st child \$125.00-2nd child \$100.00- 3rd child \$75.00.00	Tuesdays: 3/10, 3/17, 3/31, 4/7, 4/14, 4/21
Required to have successfully passed Level 3	Thursdays: 3/12, 3/19, 4/2, 4/9, 4/16, 4/23

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Saturday Class Schedule (classes held one day per week for 6 weeks) *NO CLASS 3/28*			
Level	Day of the Week	Class Time	Dates
Adults ages 13+	Saturdays	9:00-9:45am	3/14-4/25
Bubbling Babies ages 6-18 months	Saturdays	9:00-9:30am	3/14-4/25
Toddling Turtles ages 18 months-3yrs	Saturdays	9:30-10:00am	3/14-4/25
Water Exploration ages 3-5yrs Parents are in the water for the first 3 lessons	Saturdays	10:00-10:30am	3/14-4/25
Level 1 ages 3-5yrs	Saturdays	10:30-11:00am	3/14-4/25
Level 1 ages 3-5yrs	Saturdays	10:40-11:10am	3/14-4/25
Level 1 ages 3-5yrs	Saturdays	11:10-11:40am	3/14-4/25
Level 1 ages 6+	Saturdays	9:45-10:20am	3/14-4/25
Level 2 ages 3-5yrs	Saturdays	10:10-10:40am	3/14-4/25
Level 2 ages 3-5yrs	Saturdays	11:00-11:30am	3/14-4/25
Level 2 ages 6+	Saturdays	10:25-11:00am	3/14-4/25
Level 2 ages 6+	Saturdays	11:45-12:20pm	3/14-4/25
Level 3 ages 3-5yrs	Saturdays	10:30-11:00am	3/14-4/25
Level 3 ages 6+	Saturdays	9:50-10:25am	3/14-4/25
Level 3 ages 6+	Saturdays	11:15-11:50am	3/14-4/25
Level 4 ages 6+	Saturdays	11:05-11:50am	3/14-4/25

Next Session (Summer 2026):

Registration June 1st-6th
Classes: June 6th-July 25th
No Class Week of June 29th



New American Red Cross Swim Lesson Guide

<p><u>Infant & Toddler Classes</u> (30 min. class) (6 months-5 years) *The following classes require parents to be in the water with their child and are 30 minutes long. *Children who are not potty trained must wear a waterproof swim diaper.</p>	<p><u>I- II - III 3/5 yrs. & 6 and over</u> (Ages 3-5 yrs-30 min. class and ages 6 + - 35 min class) *Parents are not permitted to be in the water with their child. *Child must be 3 yrs of age by the first day of class. *Child must be disciplined enough to follow instructor, enjoy getting their faces wet, and no longer have separation anxiety.</p>	<p><u>6 Years of Age and Over</u> (45 min. class) *Children must be six years of age by the first day of class. *Children should be comfortable with instructor based class and no parental assistance.</p>
<p><u>Bubble Babies</u> (6 months-18 months) This class is an orientation class for parents to introduce the water to their babies through games and songs in our warm water therapy/instructional pool. Skills practiced include floating on back and front, kicking, blowing bubbles & underwater exploration (all with parental support). <u>Toddling Turtles</u> (18 months – 3 yrs) Toddling Turtles is for children who have already taken Bubble Babies, or who are just starting lessons for the first time. This class reviews and expands the skills learned in Bubble Babies by adding arm action with kicking to teach the basic movements of swimming. Instructor shows parents how to teach their children through games and songs in our warm water therapy/instructional pool. <u>Water Exploration</u> (3 yrs-5 yrs) Water Exploration is a new addition to our program, and was added to help those children who are not quite ready to leave their parents, or have had no experience in swim lessons before. This class was designed to gradually shift the child’s dependency onto the instructor and relieve some of that separation anxiety. The skills include all of those taught in level I, only with parental assistance for the first four lessons. This class is strongly recommended for children who are not ready to take level I by themselves, or are afraid of the water. (In the warm water therapy/instructional pool.)</p>	<p><u>Level I: Intro to Water Skills</u> <u>3-5 yrs & 6 and over</u> This class is for children who are at least 3 years old and no longer have a fear of the water or separation anxiety. Skills taught include submerging head & blowing bubbles, basics of front & back floats, alternating arm & leg actions on front & back (front crawl & back crawl), simultaneous arm & leg actions (breaststroke & elem. backstroke), basics of treading & water safety. <u>Level II: Fundamental Aquatic Skills</u> <u>3-5 yrs & 6 and over</u> Level II is for children who have passed all of the skills taught in level I, & those that are comfortable with having their face in the water. Skills taught include floating on front & back without support, gliding, combined arm & leg actions on front & back (front & back crawl, elem. backstroke & breaststroke), swimming on side, & treading. <u>Level III: Stroke Development</u> <u>3-5 yrs & 6 and over</u> Level III is a class based on developing strokes such as front crawl, back crawl, elementary backstroke, & development of the breaststroke & butterfly kick. Students learn diving, rotary breathing, & to tread water independently. Students must be able to support themselves in the water, including deep water, and have some level of endurance to participate in this class.</p>	<p><u>Level IV: Stroke Improvement</u> Level IV is for those students who know the basics of each stroke and have enough endurance to swim a length of the pool. Skills include defining the specifics of strokes such as front crawl, breaststroke, butterfly, back crawl, elem. backstroke, and learning sidestroke. Students learn standing dives, treading water independently, and open turns. <u>Level V: Stroke Refinement</u> This level focuses on building endurance and refining strokes such as front crawl, breaststroke, butterfly, back crawl, elem. backstroke, & sidestroke to perfection. Students learn starts, flip turns, and variations of treading water. Students must know rhythmic breathing and have proper body positioning and motion during strokes for this level. <u>Level VI: Diving, Fitness Swimming & Personal Water Safety</u> Level VI is based mainly on endurance, and each stroke must be close to perfection. Students learn the fundamentals of fitness swimming, water exercise, turns, and safety skills. <u>Adult Lessons:</u> Those seeking to learn to swim or improve their level of swimming skill from novice to lap swimmer. <u>Swim Club: (Levels 4, 5, 6)</u> Children ages 9-15 years, must have strong level 4 swim skills. Practice 3 days a week or drop in as your schedule permits. Practice days are Mondays, Tuesdays, and Thursdays 6:30-7:30pm 6 weeks program Fees: \$125.00 1st child, \$100.00 2nd child, \$75.00 3rd child Have some fun while making new friends and getting some exercise! This is a non-competitive club, coaches will develop and build fundamental skills needed for a competitive swim team.</p>