



LEARN TO SWIM WINTER CLASS SCHEDULE SWIM LESSONS

All Classes: \$40.00

HAMPTON AQUATICS CENTER

Evenings (Mondays & Wednesdays)

Session 1: January 6 – February 3 (registration: Monday, November 11 – Friday, January 3)

Session 2: February 24 – March 18 (registration: Monday, January 27 – Friday, February 21)

Learn to swim Level 1: Ages 6 years – 12 years: 5:00p – 5:45p

Adult Beginner: 13 years+: 6:00p – 6:45p

Saturdays

Session 1: January 11 – February 29 (registration: Monday, November 11 – Friday, January 10)

Session 2: March 14 – May 2 (registration: Monday, February 17 – Friday, March 13)

Aqua Baby: Ages 6 months – 3 years: 9:00a – 9:30a

Pre-beginner: Ages 3 years – 5 years: 9:30a – 10:00a

Learn to swim Level 1: Ages 6 years – 12 years: 10:15a – 11:00a

Learn to swim Level 2: Ages 6 years – 12 years: 10:15a – 11:00a

Learn to swim Level 3: Ages 6 years – 12 years: 11:00a – 11:45a

Learn to swim Level 4: Ages 6 years – 12 years: 11:00a – 11:45a

Register for classes at: <https://hampton.gov/register/parks> or in person at any Hampton Parks, Recreation & Leisure Services center



LEARN TO SWIM WINTER CLASS SCHEDULE SWIM LESSONS

All Classes: \$40.00

FT. MONROE COMMUNITY CENTER

Evenings (Tuesdays & Thursdays)

Session 1: January 7 – January 30 (registration: Monday, November 11 – Friday, January 3)

Session 2: February 25 – March 19 (registration: Monday, January 27 – Friday, February 21)

Pre-beginner: Ages 3 years – 5 years: 5:00p – 5:30p

Learn to swim Level 1: Ages 6 years – 12 years: 5:30p – 6:15p

Learn to swim Level 2: Ages 6 years – 12 years: 6:15p – 7:00p

Adult Beginner: Ages 13+: 7:00p – 7:45p

Stroke Development: Ages 6 years – 11 years: 6:00p - 6:45p

Stroke Development: Ages 12 years – 16 years: 6:45p - 7:45p

Saturdays

Session 1: January 11 – February 29 (registration: Monday, November 11 – Friday, January 10)

Session 2: March 14 – May 2 (registration: Monday, February 17 – Friday, March 13)

Aqua Baby: Ages 6 months – 3 years: 8:30a – 9:00a

Pre-beginner: Ages 3 years – 5 years: 9:00a – 9:30a

Learn to swim Level 1: Ages 6 years – 12 years: 9:30a – 10:15a

Learn to swim Level 2: Ages 6 years – 12 years: 10:15a – 11:00a

Learn to swim Level 3: Ages 6 years – 12 years: 11:00a – 11:45a

Register for classes at: <https://hampton.gov/register/parks> or in person at any Hampton Parks, Recreation & Leisure Services center

COURSE DESCRIPTIONS

Aqua Baby: Ages 6 months to 3 years (Parents required)

This is a basic water orientation class.

Pre-Beginner: Ages 3-5 years

The children start learning the basics of swimming. Blowing bubbles, going under water, kicking and floating with support.

Learn to swim Level 1: Ages 6 – 12 years

Water Exploration: Children are taught submersion, breath control, floating and water entry. Skills are supported.

Learn to swim Level 2: Ages 6 – 12 years

Primary Skills: Children are taught floating without support, rhythmic breathing, flutter kick and locomotion of arms for front and back crawl stroke.

Learn to swim Level 3: Ages 6 – 12 years

Stroke Readiness: All strokes from the previous levels are refined and combined with other skills. Skills taught are turns, bobbing, retrieval of objects from deep water and diving. Elementary backstroke is introduced.

Learn to swim Level 4: Ages 6 – 12 years

Stroke Development: All strokes are developed with the introduction of diving from a standing position, treading water and rotary breathing. Breaststroke and sidestroke are introduced.

Stroke Development: Ages 6 – 16 years

This instructional program is designed for the swimmer who wants to be prepared for a swim team, or who is currently on a swim team.

Every week students are instructed on a different stroke. Class divides the drill training into three sections. Students wrap up each session learning and practicing starts, turns, and finishes, along with brushing up on major strokes.

Pre-Requisite: Must be able to swim freestyle & backstroke at least two lengths.