



City of Richmond Heights AQUATIC PROGRAMS

Hastings Water Works offers a range of aquatic programs to cater to the diverse ages, interests and abilities of the residents of Richmond Heights.



Learn-to-Swim

Learn-to-Swim lessons consist of 8 classes that are 30 minutes long and run from Monday through Thursday for a two week period. Pre-registration is required for all classes. Registration closes three business days before each session is to begin.

Visit HastingsWaterWorks.com for a description of levels, contact information, and to register for lessons. A Program Manager will contact you regarding any questions or concerns you may have. Upon registering for Learn-to-Swim, each participant must fill out a registration form/parent waiver form, and pay for the class through credit card.

Learn-to-Swim Sessions

Session 1: June 17th - June 28th

Session 2: July 8th - July 19th

Cost: \$60

Class Times

Class 1: 10:45 AM - 11:15 AM

Class 2: 11:30 AM - 12:00 PM

Class 3: 12:15 PM - 12:45 PM

*Registration form is found at: www.HastingsWaterWorks.com. Place cursor over "Commercial Pools" then click "Learn to Swim."

Classes may be canceled due to low enrollment.



Learn-to-Swim Levels *(Brief Description of Skills Taught)*

***Level 1 (Tadpole):** An activity-oriented, child-centered approach coupled with unique skill progressions for the following: First-time Submersion, Breath Control, Breath Holding, Front Kicking, Back Kicking, Unsupported Floating, Underwater Swimming using a "Pop-up Breath" or "Roll-over Breath".

***Level 2 (Frog):** An activity-oriented, child-centered approach coupled with unique skill progressions for the following: Introduction to Rhythmic Breathing, Breath Control, Breath Holding, Floating Turns, Front Kicking, Back Kicking, and Freestyle with the face-in-the-water.

***Level 3 (Otter):** A drill-oriented approach with unique skill progressions for the following: In-line Kicking, Elementary Backstroke, Diving Side of Pool, Treading Water, Freestyle, Backstroke, and Water Safety.

***Level 4 (Alligator):** A drill-oriented approach with unique skill progressions for the following: Alternate Breathing, Sidestroke, Breaststroke Kick, Intro to Butterfly and Breaststroke, Turns at Wall, Sculling, Stride and Standing Dives, and Water Safety.

***Level 5 (Dolphin):** A drill-oriented approach with unique skill progressions for the following: Alternate Breathing, Open Turns, Breaststroke, Butterfly, Swimming Longer Distances (Sidestroke, Backstroke, Free Style), and Water Safety.

*** Please visit HastingsWaterWorks.com for a greater description of the above Learn-to-Swim Levels**