



Forest Ridge Swim Lessons 2022

In partnership with SwimSafe Pool Management Co.



Class Schedule			
Session	Dates	Time(s)	Level (s)
Session 1 Mon-Thur	June 6 to June 16	10-10:30 am	2, 3
		10:30-11 am	1, 2
Session 2 Mon- Thur	June 20 to June 30	10-10:30 am	2, 3
		10:30-11 am	1, 2
Registration closes 5 days before classes begin.			
Fee: \$55/session Open to both residents and non-residents			
<p>COVID Guidelines</p> <p>If you are experiencing potential symptoms of COVID-19 or are living with someone who is confirmed positive, we ask that you not participate in lessons.</p>			

Online Registration Required

Use your mobile phone, tablet, or computer to register at

FRA.coursestorm.com

Scan QR Code to Register



Waitlist Policy

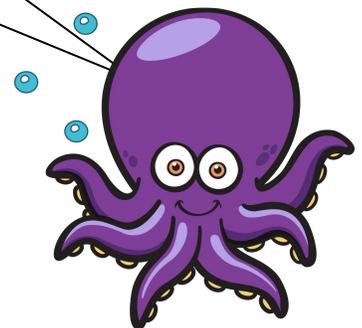
Every child should have the opportunity to take swim lessons. If a class is full please join the waitlist. Classes may be combined or cancelled if enrollment is less than 3 swimmers.

Cancellation Policy

Lessons will only be cancelled if thunder or lightning is in the area 15 minutes before the start of class

Cancellation Notifications

We use an automated text notification system to quickly notify parents in the event of a cancellation. To receive notification, text **FRA01** to **84483**.



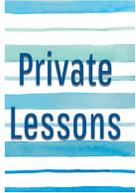
Questions? Contact heather@swimsafepool.com or 513.755.7075, ext 11

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forestridgeassociation.org/



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	Class Description	Prerequisite	This class is for children who:
 Feliz the Flounder	Level 1: Flounder Child will become acclimated to the water through games and will learn basic safety skills in addition to water submersion and floating with support. Skills: <i>Independent movement through the water, floating on front and back, recovery from a floating position, nose/mouth bubbles, introduction to bobs, and age appropriate safety skills.</i>	3 years old on or before the first day of class	<i>Have little experience in the water or are taking lessons for the first time</i>
 Jimmy the Jellyfish	Level 2: Jellyfish Child will expand on the skills learned in the Flounder class and learn to be in the water unassisted in both front and back positions while learning to propel themselves through the water using either arms or legs. Skills: <i>Floating, gliding, streamline body position, recovery, bobs, submersion, propulsive kicking, introduction to propulsive arms, sit dives, and safety skills.</i>	<i>Successful completion of all Flounder skills</i>	<i>Can comfortably submerge under the water and perform 5 unassisted consecutive bobs</i>
 Oliver the Octopus	Level 3: Octopus Child will learn fundamental freestyle and backstroke skills with emphasis placed on the coordination and timing of the strokes as well as the development of a strong flutter kick. Skills: <i>Novice freestyle, novice backstroke, elementary backstroke, side glide, treading, kneel dive, and safety skills.</i>	<i>Successful completion of all Jellyfish skills</i>	<i>Can independently perform a back float for at least 5 seconds</i>
	Private Lessons There are no set times or days for private lessons, simply work directly with your instructor to schedule. Payment is made directly to the instructor. Cost varies based on experience. This is great for children who need individualized attention or for those who need instruction on higher level skills.	<i>Best for ages 3 and older but can work with younger children in shorter increments.</i>	<i>Can independently focus for 30 minutes</i>

How to make the most out of lessons

- Arrive on time and ready for lessons
- Wear a well fitted swimsuit that is appropriate for lessons
- Children with long hair should use a hair tie or wear a swim cap
- Swim goggles may be used by children in the upper level classes
- Children who are not potty trained must wear a swim diaper while in the pool

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