



Winter Group Lesson Schedule January 5-March 30, 2026

| Monday | Tuesday | Wednesday | Thursday |
|--|--|-------------------|--|
| <p>1X week 4 lessons Jan 5,12,26 Feb 2 March 2,9,16,30</p> <p>3:30-4:15pm (Ages 16+) Stages 2-6 Learn to Lap</p> <p>4:30-5:15pm (Ages 16+) *Water Fitness Class</p> <p>5:30-6pm (6-18month) Water babies</p> | <p>2X week 4 lessons Jan 6,8,13,15 Jan 20,22,27,29 Feb 3,5,10,12 Feb 17,19,24,26 March 3,5,10,12 March 17,19,24,26</p> <p>5:00-5:30pm (Ages 3-5) Stage 1/2 Preschool Stage 3/4 Preschool</p> <p>5:45-6:15pm (Ages 6-12) Stage 1/2 School Age Stage 3/4 School Age</p> | <p>No Classes</p> | <p>2X week 4 lessons Jan 6,8,13,15 Jan 20,22,27,29 Feb 3,5,10,12 Feb 17,19,24,26 March 3,5,10,12 March 17,19,24,26</p> <p>5:00-5:30pm (Ages 3-5) Stage 1/2 Preschool Stage 3/4 Preschool</p> <p>5:45-6:15pm (Ages 6-12) Stage 1/2 School Age Stage 3/4 School Age</p> |

Group lessons E1-E5 \$60, and All Others \$75, per child, for 4 lessons.

NEW! *Water Fitness – Low impact, full-body workout designed to improve cardiovascular endurance, strength, flexibility, and balance

**Registration opens 2 weeks prior to each new session and is available at the front desk.
6110 Jenkins Rd. Bldg. 1193**

Please wear appropriate swimsuits and follow the age restrictions. Instructors reserve the right to combine/move students based on skill level. Must be potty trained & follow instruction from ages 3+.



LESSON STAGES

Private Lessons-Available on Request

Private Lessons are 30 minutes each for 4 lessons E1--E5 \$75 All Others \$100. Once an instructor and a weekly day/time is confirmed, regular lessons will begin. Participants may purchase more lessons after their session based on instructor availability, and waitlist participants. Please see the refund/makeup policy for cancellations.

Starfish Stroke School Curriculum: (7+ years old): A flexible alternative to swim team. Pre-test required for participation and can be taken at the beginning of any scheduled practice. Swimmers must be able to swim both a 50 Freestyle and a 50 Backstroke without stopping/struggling, and have some knowledge of breaststroke, and butterfly.

WATERBABIES 6-18 MONTHS SWIM DIAPERS

PARENT TOT 19-36 MONTHS SWIM DIAPER

PRESCHOOL 3-5 years old

SCHOOL AGE 6-12 years old

Starfish Swim School Curriculum: White, Stage 1 - Water Acclimation: Beginner class that increases comfort with underwater exploration and introduces basic self-rescue skills. Class includes front and back floats and glides, trust and comfort, and safe water entry and exit.

Red, Stage 2 - Water Movement: Beginner class that encourages forward movement in the water and basic self-rescue skills. Class includes independent front and back glides and floats, trust and full body submersion, and safe water entry and exit.

Yellow, Stage 3 - Water Stamina: Intermediate class encourages forward movement in the water for longer distances and introduces more advanced self-rescue skills. Class includes independent front and back glides/floats, rotary movement, retrieving objects from the bottom of the pool, and safe water entry and exit.



Blue, Stage 4 - Stroke Introduction: Advanced class introducing integrated movement such as basic stroke technique for freestyle and backstroke, breaststroke, and butterfly. Students must be able to swim one length of the pool, 25 meters, to enter this class.

Green, Stage 5 - Stroke Development: An advanced class that refines all strokes, continued focus on treading water and endurance. Dives are introduced. Swim test are required.

Stage 6-Stroke Mechanics: Advanced class that implements drills and continuous swim to build endurance. Must have swim band and competency waiver on file.

NEW! Water Fitness: This low-impact pool workout is suitable for all fitness levels and focuses on improving strength, flexibility, balance, and endurance. The water's buoyancy reduces strain on joints while providing natural resistance for a full-body workout. \$6 drop in or punch pass available, 8 punch for \$32. Active duty free.

Learn to Lap Swim: All strokes are taught with drills to make lap swimming more effective. Proper body-alignment, stroke technique, consistent kicks, rhythmic breathing, turns and push offs with variety are incorporated. Must be able to swim 25 yards. Swim test required, active-duty free.

REFUND/MAKEUP POLICY: If your child has not participated in any lesson after registration, a full refund or a system credit will be reflected on your account. A makeup lesson or a system credit will be offered to all participants in the event of unforeseen pool closures such as contamination, weather, etc. Apart from MWR closures, a makeup lesson or system credit will only be provided for instances related to sickness, or emergencies.

CHECK IN REQUIREMENTS FOR SWIMMERS

Parents or guardians, please pay/register at the front desk. Swim Instructors will meet all swimmers at the meeting area 5-10 minutes before the start of each lesson. Once the lesson is complete, the Swim Instructor will escort all children to the meeting area where parents may pick them up. Please see Parent Letter for more swim tips.

Questions? Please contact:

Aquatics Program Coordinator
Tarina Silvis
Tarina.h.silvis.naf@us.navy.mil
540-653-8088

