

Youth Swim Lessons

Winter 2020



The EDGE will prepare everyone in your family for years of safe, efficient swimming. Group lessons will be offered at all club locations. Lessons meet once weekly for six weeks.

Winter Session 1: January 6 – February 15



Splash Infant Toddler Group Lessons (6mos-3yrs)

'Splash' classes allow children, accompanied by a caregiver, to discover the water through song, play, and specific skills. The lessons help children develop aquatic readiness skills in a safe environment.



Preschool Group Lessons (3-5yrs)

Children learn in small groups (4:1) under the supervision of a trained instructor who encourages swimmers to be safe, try new things and swim with confidence. It often takes two sessions for a student to complete a level.



Learn to Swim Youth Group Lessons (5-14yrs)

Children acquire basic skills in 'Learn to Swim' small group lessons. Instructors encourage participants to enjoy the water, gain confidence, and swim safely. It often takes two sessions for a student to complete a level.



Stroke Development (8-14yrs)

Swimmers who have moved beyond basic skills and are ready to practice strokes and are prepared to swim multiple laps unassisted are ready for Stroke Development. Group sessions are conducted similar to a swim team workout.



Private Lessons (All ages)

Some children respond better to private lessons. We've found that great progress can be made by scheduling one or two 30-minute lessons per week. Lesson packages can be purchased at all EDGE locations.

Splash Infant & Toddler Group Lessons

Six 30-minute group lessons per session. Members \$75.00/Non-members \$110.00

	Essex, Morse	South Burlington, Eastwood	Williston
Splash 1 (6mos-18mos)	Saturdays 9:30-10:00am	Saturdays 9:30-10:00am	Saturdays 8:30-9:00am
Splash 2 (18mos-3yrs)	Saturdays 10:00-10:30am	Saturdays 10:00-10:30am	Saturdays 9:00-9:30am

* Swimming diaper AND leak-proof covering required for children who are not toilet trained.

Preschool Group Lessons

Six 30-minute group lessons per session. Members \$75.00/Non-members \$110.00

	Essex, Morse	S. Burlington, Eastwood	Williston
Preschool 1	Saturdays 10:30-11:00am	Saturdays 10:30-11:00am or 11:30 am-12:00 pm	Sat 9:30-10am or 10:30-11am
Preschool 2	Saturdays 11:00-11:30am	Saturdays 11:00-11:30am	2/3 Combo Sat 10-10:30am
Preschool 3	Saturdays 11:30am-12:00pm		

Learn to Swim Youth Group Lessons

Six 30-minute group lessons per session. Members \$75/Non-Members \$110.

	Essex, Morse	S. Burlington, Eastwood	Williston
Learn to Swim 1	Tuesdays 5:30-6pm or Wednesdays 4-4:30pm	Wednesdays 4:30-5pm or Fridays 4-4:30pm	Mon or Tue 5-5:30pm Wed or Thu 5:30-6pm
Learn to Swim 2	Tuesdays 5-5:30pm or Wednesdays 4:30-5pm	Wednesdays 5pm-5:30 or Fridays 4:30-5pm	Mon or Tue 5:30-6pm Wed or Thu 4:30-5pm
Learn to Swim 3	Tuesdays 4:30-5pm or Wednesdays 5-5:30pm	Mon 4:30-5pm, Wed 5:30-6pm or Fri 5-5:30pm	Mon or Tue 4:30-5pm Wed or Thu 5-5:30pm

Learn to Swim 4 or Stroke Development Lessons

Six 45-minute group lessons per session. Members \$85/Non-Members \$120

	Essex, Gauthier	S. Burlington, Eastwood	Williston
Learn to Swim 4	Wednesdays 5:30-6pm or Thursdays 5-5:45pm	Mondays 5-5:45pm or Fridays 5:30-6:15pm	Mondays 3:45-4:30pm or Tuesdays 3:45-4:30pm
Stroke Development	Tuesdays 3:45-4:30pm or Thursdays 5:45-6:30pm	Mondays 5:45-6:30pm	Wednesdays 3:45-4:30pm or Thursdays 3:45-4:30pm

Private Lessons

Lessons are booked on a first-come first-served basis. Some days and times are in very high demand. While private instruction can be arranged around your schedule and tailored to address your specific needs, provide a range of possible days and times so that we can work to connect you with an instructor soon.

Click [HERE](#) or contact your aquatics director to submit private lesson request.

Private 1 client / 1 instructor, 30 Minutes	Semi-Private 2 clients / 1 instructor, 30 Minutes
4-Pack Mem \$120 / Non-Mem \$180	4-Pack Mem \$100 per person / Non-Mem \$150 per person
6-Pack Mem \$160 / Non-Mem \$240	6-Pack Mem \$135 per person / Non-Mem \$203 per person
8-Pack Mem \$190 / Non-Mem \$285	8-Pack Mem \$160 per person / Non-Mem \$240 per person

Contact Information

Essex benj@edgevt.com, South Burlington benj@edgevt.com, Williston rodneyc@edgevt.com

CANCELLATIONS: You may cancel your session as late as three days before the start of the session, and transfer the credit towards another session within a 6 month period. There will be no monetary refunds for lessons cancelled or no-showed by the client during the session. In

person assessments not required. Contact aquatics staff if unsure about your child's placement. The Edge reserves the right to combine class levels or cancel swim lessons due to low enrollment.

Class Levels & Descriptions

Splash 1 - Age 6-18mos / A Parent or Guardian accompanies the child for the in-water lessons. The instructor will address minor, natural fears around water for both the adult and child. Children will be assisted in learning to enjoy the water, getting face and head wet, splashing with hands and feet and entering the water from a seated or standing position. Children will experience being on their back and front with assistance and learn to move their arms and legs in the water. The class is not intended to teach children to swim under or along the surface of the water, but is meant as an introduction to being safe, having fun, and moving in water. The instructor will use songs, toys and other techniques to create a relaxed learning environment. Required Equipment: Disposable swim diaper, fitted outer covering, towel.

Splash 2 - Age 18mos-3yrs / A Parent or Guardian accompanies the child for the in-water lessons. The instructor will address minor, natural fears around water for both the adult and child. Children will be assisted in learning to place their face and head in and below the surface of the water and will begin to learn basic breathing techniques. The instructor will build upon in-water fun and introduce skills like the back float, getting in and out of the water under one's own power, jumping in without assistance and basic arm and leg movements. The class is not intended to teach children to swim under or along the surface of the water, but is meant as an introduction to being safe, having fun, and moving in water. The instructor will use songs, toys and other techniques to create a relaxed learning environment. Required Equipment: Disposable swim diaper and fitted outer covering, towel.

Preschool 1 - Age 3-5 years / Small groups with in-water instructor, parents can sit poolside or leave teaching area. Children should have overcome high-anxiety or intense fears around the water. If not, private instruction is strongly recommended. Children will learn to enter and exit the water under their own power, submerge their entire head, float on their front and back, and do a flutter kick. They will be introduced to some breathing techniques and will learn some basic arm movements. Required Equipment: Swim suit, towel, hair tie for long hair. Swim cap and goggles optional.

Preschool 2 - Age 3-5 years / Small groups with in-water instructor, parents can sit poolside or leave teaching area. To be successful at this level, children must have some level of confidence in water and be able to place their entire head below the surface without discomfort. Children should have spent some time in water without a flotation device or puddle jumper. Children will continue to do front and back floats but without assistance. They will begin learning more kicking skills and arm movements. Required Equipment: Swim suit, towel, hair tie for long hair. Swim cap and goggles optional.

Preschool 3 - Age 3-5 years / Small groups with in-water instructor, parents can sit poolside or leave teaching area. Children must have some level of confidence in water, be able to place their entire head below the surface without discomfort, be able to go from back float to front float unassisted and be able to get in and out of the pool under their own power. Participants are able to propel themselves on their front, and back, with an alternating flutter kick. Children must have spent some time in water without a flotation device or puddle jumper and be able to jump into the pool to an adult. Children will advance their breathing skills, kicking and arm mechanics and will begin to swim the freestyle stroke. Required Equipment: Swim suit, towel, hair tie for long hair. Swim cap and goggles optional.

Learn to Swim, Level 1 - Age 5-12 years / Children must have overcome high-anxiety or intense fears around the water. If not, private instruction is strongly recommended. Children at this level are able to demonstrate an ability to learn in a small group setting, submerge the entire head without discomfort, enter and exit the pool under their own power and propel themselves about 5-10 feet along the surface of the water on their front and back. Swimmers will learn the fundamentals of freestyle and backstroke. Very importantly they will learn to exhale and inhale at the proper time and apply this skill to swimming strokes. Required Equipment: Swim suit, towel, hair tie for long hair. Required Equipment: Swim suit, towel, hair tie for long hair, goggles. Cap available for purchase.

Learn to Swim, Level 2 - Age 5-12 years / Participants can demonstrate the fundamentals of freestyle and backstroke and are able to take a proper side breath. They are able to do vertical bobs, tread water for 20 seconds and propel themselves confidently for a distance of 15ft along the surface of the water taking an appropriate breath. Participants will learn the proper breaststroke and butterfly kicks. Required Equipment: Swim suit, towel, hair tie for long hair. Required Equipment: Swim suit, towel, hair tie for long hair, goggles. Cap available for purchase at The EDGE.

Learn to Swim, Level 3 - Age 5-12 years / Participants can swim freestyle and backstroke demonstrating proper kick and arm movements and are able to take a proper side breath. They are able to do vertical bobs, tread water for 30 seconds and propel themselves confidently for a distance of 50ft along the surface of the water taking an appropriate breath. Participants will continue to refine their freestyle and backstroke mechanics while learning the breaststroke and butterfly arm movements. Equipment: Swim suit, towel, hair tie for long hair, goggles. Caps available for purchase.

Learn to Swim, Level 4 - Age 5-12 years / Participants can demonstrate and swim at least 25yds continuously of proper freestyle and backstroke and proper kick of breaststroke and butterfly. Participants will continue to refine their freestyle and backstroke mechanics while learning the breaststroke and butterfly arm movements. By the end of two sessions, participants can expect to swim 25yds of each of the four recognized swim strokes. Equipment: Swim suit, towel, hair tie for long hair, goggles. Caps available for purchase.

Stroke Development - Age 8-14 years / Also known as Learn to 5 or 6. Participants can demonstrate a clear understanding of the four competitive strokes: freestyle, backstroke, breaststroke and butterfly. Lessons combine specific drills, kicking exercises and longer distances. Participants will focus on efficiency and will begin to be challenged to swim farther and faster. Swimmers will be expected to follow complex instructions and demonstrate an ability to work in an active group setting. At the conclusion of each session, participants

will be invited to attend a practice session of the EDGE Swim Team. At this practice they will meet other competitive swimmers, be introduced to the swim team coaches and receive a swim team cap. Equipment: Form-fitting swim suit, towel, swim cap, goggles.