

Westwood Club Aquatics Information 2017



The Westwood Club would like to welcome you back for another great summer at the pool! We will continue to offer a safe environment, quality swimming lessons and helpful lifeguards to assist your needs. Come on down to the Westwood Club this summer to cool off and enjoy a swim!

Swim Lesson Sign-Ups

Swim lesson sign-ups will take place on Wednesday, May 24th at 6:30pm. We strongly recommend arriving early since the order for sign-ups will be determined by the order in which you arrive. Numbers will be passed out beginning at 6:00 pm.

Remember: Swim lessons are available to *Westwood Club members only.*

Swimming Lessons

Group Instruction

Morning classes are held 10am-12pm, Monday through Thursday.

Evening classes are held 7pm-8:30pm, Monday through Thursday.

***Session 2 will be Mon 6/26 - Fri 6/30 & Wed 7/5 - Fri 7/7**

Cost: \$67.00 per session



Session Dates:

Session 1 June 12th- June 22th

Session 2 June 26th - July 7th

Session 3 July 10th- July 20th

Session 4 July 24th- August 3rd

Class Prerequisites

Level 1: Introduction to Water Skills

- No prerequisites

Level 2: Fundamental Aquatic Skills

- Passed level 1 or skills below
- Water entry and exit (unassisted)
- Move 5 yards (walk or crab walk on the wall)
- Float on front with support for 3 seconds
- Float on back with support for 3 seconds

Level 3: Stroke Development

- Passed level 2 or skills below
- Float on front with for 5 seconds (unsupported)
- Float on back with for 5 seconds (unsupported)
- Swim on front for 5 yards (unsupported)
- Swim on back for 5 yards (unsupported)

Level 4: Stroke Improvement

- Passed level 3 or skills below
- Jump into chest-deep water from side
- Swim front crawl for 15 yards with rhythmic breathing
- Swim back crawl for 15 yards
- Swim butterfly kick 5 yards
- Tread water for 30 seconds

Level 5: Stroke Refinement

- Passed level 4 or skills below
- Swim front crawl for 25 yards
- Swim back crawl for 25 yards
- Swim elementary backstroke for 15 yards
- Swim breaststroke for 15 yards
- Swim butterfly for 15 yards
- Swim scissor kick
- Tread water for 1 minute

Level 6: Swimming and Skill Proficiency

- Passed level 5 or skills below
- Perform a shallow dive
- Swim front crawl for 50 yards
- Swim back crawl for 50 yards
- Swim elementary backstroke for 25 yards
- Swim breaststroke for 25 yards
- Swim sidestroke for 25 yards
- Tread water for 2 minutes



Morning Classes

(Class times the same for all sessions, unless otherwise noted)

Level 1: Introduction to Water Skills

10:00am- 10:30am

10:45am-11:15am

11:30am-12:00pm (sessions 1 & 2 only)

Level 2: Fundamental Aquatics Skills

10:00am-10:45am

10:45am-11:30am

11:15am-12:00pm

Level 3: Stroke Development

10:00am-10:45am

10:30am-11:15am

11:15am-12:00pm

Level 4: Stroke Improvement

10:00am-10:45am

Level 5: Stroke Refinement

10:00am-10:45am

Level 6: Swimming and Skill Proficiency

11:15am-12:00pm

Parent Tot:

10:45am-11:15am (sessions 1, 2 & 3 only)

Evening Lessons

Level 1: Introduction to Water Skills

Session 1: 7:00pm-7:30pm

Session 2: 7:00pm-7:30pm

Level 2: Fundamental Aquatics Skills

Session 1: 7:00pm-7:45pm

Session 2: 7:00pm-7:45pm

Session 3: 7:00pm-7:45pm

Session 4: 7:00pm-7:45pm

Level 3: Stroke Development

Session 1: 7:45pm-8:30pm

Session 2: 7:45pm-8:30pm

Session 3: 7:00pm-7:45pm

Session 4: 7:00pm-7:45pm

Level 4: Stroke Improvement

Session 1: 7:30pm-8:15pm

Session 2: 7:30pm-8:15pm

Session 3: 7:45pm-8:30pm

Session 4: 7:45pm-8:30pm

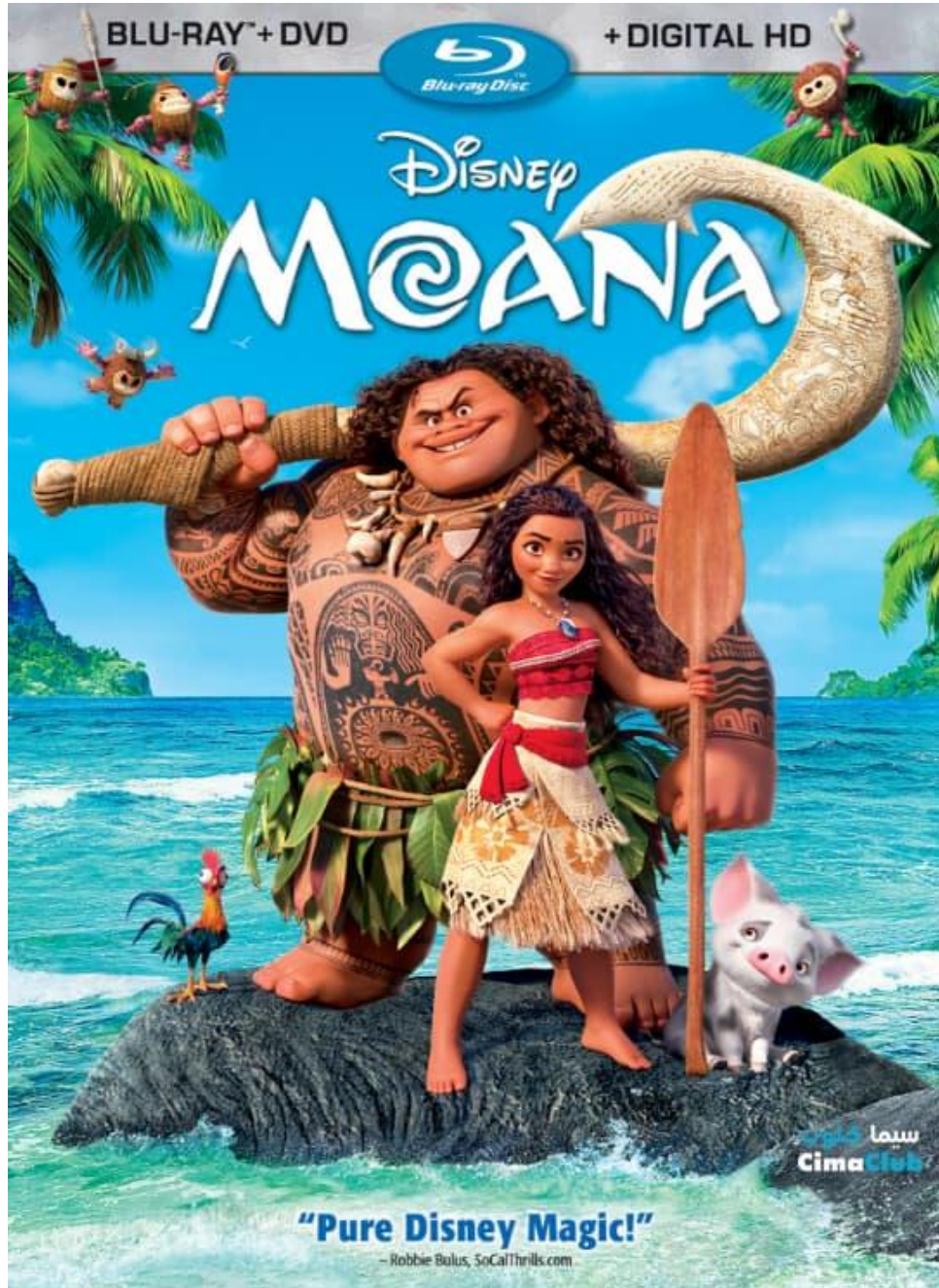
Level 5: Stroke Refinement

Session 3: 7:45pm-8:30pm

Session 4: 7:45pm-8:30pm

WWC Dive In Movie

Friday August 11th at Dusk



Private Swim Lessons

One-on-one instruction

- Private (single): \$30.00 per 30 minutes.
- Semi-Privates (2 students): \$40.00 per 40 minutes.

Please contact the lifeguard office for more information or for any further questions.

