



Verona Aquatics

2025 Winter & Spring Community Swim Class Information

Winter & Spring Swimming Lesson Registration begins on January 15, 2025 at 10:00 AM
To register online for our Programs go to: veronanat.recdesk.com/Community

Lessons are “filled on a first-come, first-served” basis. Classes have limited space available; register early.

Each child may register for ONE swim class at a time (from Parent/Tot through Level 6). Participants may sign up for a swim lesson, Diving, Logrolling or Junior Lifeguarding during the same session.

Once you have completed their first session you may register them for openings in other sessions.

Age Prerequisites:

your child must be the following ages by the start time of the class. No exceptions will be made

- Parent/Tot 1 : 6 months (Age prerequisites on page 5)
- Parent/Tot 2 : 18 months (Age prerequisites on page 5)
- Preschool 1-3 : 4 years (Age prerequisites on page 5)
- Level 1-6 : 6 years (Age prerequisites on page 6)

Refund Policy

Full refunds will be given if the VASD Aquatic department cancels a class. A prorated refund will be given **only** if severe illness or injury prevents participation. **Important:** Individuals that register their children or themselves for more than one session at a time will **NOT** be eligible for a refund if they have placed their student in an incorrect class.

Program Cancellations

All classes must have a minimum number of students. VASD Aquatics reserves the right to cancel, combine, or make schedule revisions as necessary.

Missed Lessons:

Occasionally, students may need to miss a lesson. **Important:** There are no make-up classes available for missed lessons.

2025 Winter & Spring Lessons Fees

Note: This is a one-time payment fee. The following fees will include all swimming lessons (once a week for a duration of 6 or 7 weeks) based on the available schedule).

Parent/Tot 1-2, Preschool 1-3	VASD Residents: \$70 / Non-Residents: \$140
Levels 1-3 , Adult / Teen	VASD Residents: \$105 / Non-Residents: \$210
Levels 4-6	VASD Residents: \$119 / Non-Residents: \$238
Private Lessons	VASD Residents: \$175 / Non-Residents: \$210

2025 Winter & Spring Swim Class Schedule

Lessons this Winter & Spring are once a week for 7 weeks:

Winter Session 1

-Tuesday Evenings: February 4th - March 18th

Winter Session 2

-Thursday Evenings: February 6th - March 20th

Winter Session 1 Tuesday Evenings: February 4th - March 18th						
Time	Parent / Tot 1 & 2	Preschool 1 - 3	Levels 1 - 6	Teen / Adult	Private Lessons	Teacher
6:00 pm- 6:30 pm	Parent / Tot 1					Mara K
6:05 pm- 6:35 pm		Preschool 1				Emil A
6:05 pm- 6:45 pm			Level 2			Cassidy C
6:15 pm- 6:45 pm	Parent / Tot 2					Chloe M
6:35 pm - 7:15 pm			Level 1			Mara K
6:40 pm - 7:10 pm		Preschool 3				Emil A
6 :50 pm- 7:20 pm		Preschool 2				Chloe M
6 :50 pm- 7:40 pm			Level 4			Cassidy C
7:15 pm - 8:05 pm			Level 5			Emil A
7:20 pm -8:10 pm			Level 6			Mara K
7:25 pm- 8:05 pm			Level 3			Chloe M
7:45 pm- 8:25 pm					Private Lesson	Cassidy C

Winter Session 2 Thursday Evenings: February 6th - March 20th						
Time	Parent / Tot 1 & 2	Preschool 1 - 3	Levels 1 - 6	Teen / Adult	Private Lessons	Teacher
5:45 pm- 6:15 pm		Preschool 1				Michaela R
6:00 pm -6:30 pm		Preschool 2				Carter P
6:05 pm-6:35 pm		Preschool 3				Cassidy C
6:20 pm- 7:00 pm			Level 1			Michaela R
6:35 pm - 7:15 pm			Level 2			Carter P
6:40 pm - 7:20 pm			Level 3			Cassidy C
7:05 pm- 7:55 pm			Level 4			Michaela R
7:20 pm- 8:00 pm				Beginner Teen/Adult		Carter P
7:25 pm- 8:15 pm			Level 6			Cassidy C
8:00 pm- 8:50 pm			Level 5			Michaela R

2025 Winter & Spring Swim Class Schedule

Lessons this Winter & Spring are once a week for 7 weeks:

Spring Session 1

-Sunday Evenings: March 30th - May 18th **(No Class on April 20th)**

Spring Session 2

-Tuesday Evenings: April 1st - May 13th

Spring Session 3

-Thursday Evenings: April 3rd - May 15th

Spring Session 1 Sunday Evenings: March 30th - May 18th <u>(No Class on April 20th)</u>						
Time	Parent / Tot 1 & 2	Preschool 1 - 3	Levels 1 - 6	Teen / Adult	Private Lessons	Teacher
4:00 pm - 4:40 pm			Level 1			Emil A
4:05 pm - 4:35 pm	Parent/Tot 1					Carter P
4:40 pm- 5:10 pm		Preschool 3				Carter P
4:45 pm- 5:25 pm			Level 2			Emil A
5:15 pm- 6:05 pm			Level 5			Carter P
5:30 pm- 6:20 pm			Level 4			Emil A
6:10 pm- 7:00 pm			Level 6			Carter P
6:25 pm- 7:05 pm					Private Lesson	Emil A

Spring Session 2 Tuesday Evenings: April 1st - May 13th						
Time	Parent / Tot 1 & 2	Preschool 1 - 3	Levels 1 - 6	Teen / Adult	Private Lessons	Teacher
6:00 pm- 6:40 pm			Level 3			Cassidy C
6:05 pm- 6:35 pm		Preschool 1				Chloe M
6:40 pm- 7:10 pm		Preschool 2				Chloe M
6:45 pm- 7:25 pm				Intermediate Teen/Adult		Cassidy C
7:15 pm- 7:55 pm					Private Lesson	Chloe M
7:25 pm- 8:05 pm					Private Lesson	Cassidy C

2025 Winter & Spring Swim Class Schedule

Lessons this Winter & Spring are once a week for 7 weeks:

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-Sunday Evenings: March 30th - May 18th *(No Class on April 20th)*

Spring Session 2

-Tuesday Evenings: April 1st - May 13th

Spring Session 3

-Thursday Evenings: April 3rd - May 15th

Spring Session 3 Thursday Evenings: April 3rd - May 15th						
Time	Parent / Tot 1 & 2	Preschool 1 - 3	Levels 1 - 6	Teen / Adult	Private Lessons	Teacher
6:00 pm- 6:30 pm	Parent/Tot 2					Michaela R
6:05 pm- 6:35 pm		Preschool 2				Cassidy C
6:35 pm- 7:05 pm		Preschool 3				Michaela R
6:40 pm- 7:30 pm			Level 4			Cassidy C
7:10 pm- 7:50 pm					Private Lesson	Michaela R
7:35 pm- 8:15 pm					Private Lesson	Cassidy C

Parent/Child Class Levels

LEVEL	CLASS SIZE	Prerequisites	SKILLS TAUGHT IN CLASS
Parent/Tot 1	12 Max	Ages 6m - 18 months years At least one adult must attend.	Holding and support techniques, safety cues, entering /exiting the water, water adjustment, submerging, submerging in a rhythmic pattern, breath control, exploring buoyancy on front & back, changing directions, gliding on front & back with assistance, swimming on front and back, wearing life jackets & basic water safety. Socialization, enjoyment of the water and fun
Parent/Tot 2	12 Max	Ages 18m - 3 years At least one adult must attend.	Holding and support techniques, safety cues, entering /exiting the water, water adjustment, submerging, submerging in a rhythmic pattern, breath control, exploring buoyancy on front & back, changing directions, gliding on front & back with assistance, swimming on front and back, wearing life jackets & basic water safety. Socialization, enjoyment of the water and fun

Preschool Swim Classes

LEVEL	CLASS SIZE	PREREQUISITES	SKILLS TAUGHT IN CLASS
Preschool 1	5 Max	-Ages 4 and 5 w/o parent -No Previous Skills Needed	Enter & exit water safely, Breath control & submerging, bubble blowing, front glide & recovery, back glide & back float & recovery, changing directions, treading water arm & hand action, alternate & simultaneous arm and leg actions on front and back and personal & general water safety skills.
Preschool 2	5 Max	- Ages 4 and 5 w/o parent -Prerequisite: Able to demonstrate all Preschool 1 skills.	Enter & exit water safely, breath control & submerging, bubble blowing, bobbing, retrieval of underwater objects, front glide, front float & recovery, back glide, back float & recovery, changing directions and positions, treading (5 sec) arm & leg actions in shallow water, combined arm and leg actions on front and back, finning arm actions on back, self-help & water safety skills. Exit skills assessment.
Preschool 3	5 Max	-Ages 4 and 5 w/o parent -Prerequisite: Able to demonstrate all Preschool 2 skills	Jumping in the water safely, fully submerging & holding breath, bobbing with the wall for support, front float, jellyfish float, tuck float & recovery, back glide, back float & recovery, changing directions and positions, treading in shoulder-deep water (15 sec), combined arm and leg actions on front and back, finning arm actions on back, water safety skills. Exit skills assessment.

Youth Swim Classes

LEVEL	CLASS SIZE	PREREQUISITES	SKILLS TAUGHT IN CLASS
Level 1 Intro to Water Skills	6	For Students Ages 6 & up No skills required	Enter/exit the water safely, submerging, bubble blowing through mouth & nose, object recovery, front glide & recovery, back glide, back float and recovery, treading arm & leg actions, alternate & alternating arm and leg actions & combined stroke on front and back at least 2 body lengths each. Discuss & demonstrate water safety skills.
Level 2 Fundamental Aquatic Skills	6	Students Ages 6 & up Able to demonstrate all Preschool 2 or Level 1 skills.	Jumping or stepping from the side, exit water safely, fully submerge, bobbing, object recovery, front float, tuck float, jellyfish float, front glide, front float or glide & recovery to standing, back glide, back float & recovery to standing, changing directions & body position, treading arm & leg actions in shoulder deep water, combined strokes on front & back for at least 5 body lengths, personal & water safety skills
Level 3 Stroke Development	6	Students Ages 6 & up. Able to demonstrate all preschool 3 or Level 2 skills.	Deep water skills, jumping into deep water from the side, sitting & kneeling dives, rotary breathing, bobbing while moving to safety, survival floating, back float in deep water. changing directions in deep water, treading water in deep water, dolphin kicking on front, 1 length front crawl, 1 length elementary backstroke, scissors kick, water safety skills.
Level 4 Stroke Improvement	6	Able to demonstrate all Level 3 skills.	Deep water bobbing, buoyancy & floating positions in deep water, compact & standing dives, survival float, open turns on front & back, front crawl, elementary backstroke, back crawl, butterfly & sidestroke, pushing off in streamlined position, swimming underwater, feet first surface dives, treading water using different kicks, general & personal safety.
Level 5 Stroke Refinement	6	Able to demonstrate all Level 4 skills.	Shallow-angle tuck surface dives, pike surface dives, front flip turns, back flip turns, treading water for 5 minutes, front crawl & elementary backstroke - 50 meters, breaststroke, butterfly, backstroke & sidestroke - 25 meters, sculling - 30 seconds, water safety.
Level 6 Swimming and Skills Proficiency (Fitness Swimmer)	6	Able to demonstrate all Level 5 skills.	Level 6A goal is to refine strokes so participants swim them with more ease, efficiency, power and smoothness and over greater distances. Cooper 12-minute swim test at beginning & end of class. Front crawl & elementary backstroke - 100 meters, back crawl, breaststroke, sidestroke, and butterfly - 50 meters. Open turns, flip turns, circle swimming, using a pace clock, swimming w/pull-buoys, fins & paddles, setting up an exercise program, training techniques, target heart rates, & aquatic exercise, HELP & Huddle positions, feet first & head first surface dives, back float, survival float, and survival swimming, treading water w/o arms, surface dives in 7-10 feet, water safety skills.

Programs Information, Requirements, and Eligibility Criteria

Private Lessons / Teen & Adult Swim Classes

LEVELS	CLASS SIZE	Prerequisite	SKILLS TAUGHT IN CLASS
Private Lessons	1	Ages 4 to Ault	This class is learner based. The instructor will tailor the class to the student's needs.
Teen/Adult Beginner Class	6	Teen: 13+ Adult: 18+	The front crawl, back crawl, breaststroke, side stroke and elementary backstroke will be worked on in this class. This course is designed for beginner swimmers or people who are afraid of the water.
Teen/Adult Intermediate Class	6	Teen: 13+ Adult: 18+	The front crawl, back crawl, breaststroke, side stroke and elementary backstroke will be worked on in this class. This course is designed for swimmers who are not afraid of the water and would like to learn more about the different strokes.
Teen/Adult Advance Class	6	Teen: 13+ Adult: 18+	The front crawl, back crawl, breaststroke, side stroke and elementary backstroke will be worked on in this class. This course is designed for swimmers who would like to work on stroke technique and endurance.