

# Youth Swim Lessons

## **2017 SWIM LESSONS**

All group swim courses are two-weeks long. Classes are held weekdays for 30-minutes. Parents should base registration on the swimmer's ability and use the age range as a guide. Swimmers may be moved to a different level course based on their swimming ability. Please arrive 5-10 minutes early to change into swimwear, put on suntan lotion and prepare for the swim lesson. Classes cancelled due to weather or holidays will have make-up classes the week between sessions. Courses with low enrollment may be cancelled. Parents will have the option to attend the alternate time-slot or receive a full refund. For further question about the program or registration please contact the swim lesson director, Mike Coleson, at [Manager@ChesterbrookClub.com](mailto:Manager@ChesterbrookClub.com), (703) 356-4471 or stop by the pool's front desk.

Registration requires full payment to reserve a spot and offered to members only. Cancellations prior to 2 weeks before the start date will incur a \$15 cancellation fee. No refunds will be issued for cancellations less than 2 weeks from start date. Non-members may be considered if classes are not at full capacity 2 weeks prior to lesson start date. Non-member registration fee will be \$200 and can be reserved at CST front desk with directors approval.

### **Tiny Tots    Age: 16 months to 3 years**

**Fee: \$150**

This class, held in the baby pool, introduces toddlers and young children to the water in a gentle and exploratory way. The instructors will help the children learn to enjoy their water experience in a safe and relaxed manner while teaching them some fundamentals. Trained instructors work with each class of up to ten students. \*\*

#### **Session 1: No Session 1 for this age group**

#### **Session 2: Monday - Friday, June 26 - July 7\***

Class 1: 10:00 - 10:30 am

Class 2: 10:30 - 11:00 am

#### **Session 3: Monday - Friday, July 17 - July 28**

Class 1: 10:00 - 10:30 am

Class 2: 10:30 - 11:00 am

## [Click here for Tiny Tot Registration](#)

### **Pre-Beginner    Age: 3 - 5 years**

**Fee: \$150**

This class, held in a shallow end of the upper pool, introduces children to the big pool environment,

with emphasis on overcoming fears, learning basic water safety, and basic floating and kicking skill. Trained instructors work with each class of up to ten students.\*\*

**Please note: Swimmers must be toilet trained.**

**Session 1: No Session 1 for this age group**

**Session 2: Monday - Friday, June 27 - July 8\***

Class 1: 10:00 - 10:30 am

Class 2: 10:30 - 11:00 am

**Session 3: Monday - Friday, July 18 - July 29**

Class 1: 10:00 - 10:30 am

Class 2: 10:30 - 11:00 am

**[Click here for Pre-Beginner Registration](#)**

**Beginner Age: 4 - 6 years**

**Fee: \$150**

This class, held in the upper pool, is designed for the child who can enter the pool comfortably, fully submerge his/her face for three seconds, and demonstrate use of a kickboard on front and back.

Students will learn stroke readiness, underwater exploration skills, and improve their kicking, floating and breathing skills. Trained instructors work with each class of up to ten students.\*\*

**Session 1: No Session 1 for this age group**

**Session 2: Monday - Friday, June 26 - July 7\***

Class 1: 10:00 - 10:30 am

Class 2: 10:30 - 11:00 am

**Session 3: Monday - Friday, July 17 - July 28**

Class 1: 10:00 - 10:30 am

Class 2: 10:30 - 11:00 am

**[Click here for Beginner Registration](#)**

**Advanced Beginner Age: 4 - 7 years**

**Fee: \$150**

This class, held in the upper pool basketball area, is for children who can submerge and retrieve an object in chest-deep water and swim on front and back for five yards. Swimmers will learn basic

breathing and arm patterns used in the four major strokes. Instructors will work on front and back crawl, breast stroke, elementary backstroke and treading water. Trained instructors work with each class of up to ten students.\*\*

**Session 1: Monday - Friday, June 5 - June 16**

Class 1: 4:00-4:30 pm

Class 2: 4:30-5:00 pm

**Session 2: Monday - Friday, June 26 - July 7\***

Class 1: 10:00 - 10:30 am

Class 2: 10:30 - 11:00 am

**Session 3: Monday - Friday, July 17 - July 28**

Class 1: 10:00 - 10:30 am

Class 2: 10:30 - 11:00 am

**[Click here for Advanced Beginner Registration](#)**

**Developmental Age: 5 - 8 years**

**Fee: \$150**

This class will be held in the upper pool lap-lanes. Children entering this class should be able to dive into the pool from a seated position on the side and be able to swim ten yards each using the front crawl and the elementary backstroke. Students will work on front crawl, backstroke, breaststroke, diving and safety skills. Sidestroke and wall turns will be introduced. This course will prepare the swimmer with the skills needed for the developmental swim team. Trained instructors work with each class of up to ten students.\*\*

**Session 1: Monday - Friday, June 5 - June 16**

Class 1: 4:00-4:30 pm

Class 2: 4:30-5:00 pm

**Session 2: Monday - Friday, June 26 - July 7\***

Class 1: 10:00 - 10:30 am

Class 2: 10:30 - 11:00 am

**Session 3: Monday - Friday, July 17 - July 28**

Class 1: 10:00 - 10:30 am

Class 2: 10:30 - 11:00 am

## **[Click here for Developmental Registration](#)**

**\*- No class will be held on July 4th. Make-up date will be Monday July 10th.**

**\*\* - All instructors are CPR certified Chesterbrook lifeguards.**

### **Private Swim Lessons**

Qualified swim instructors offer private swim lessons at Chesterbrook Pool. Parents will work with the instructor personally to create a personalized program and schedule that fits the needs of the individual swimmer. The private lesson fee starts at \$25 per half-hour lesson. More experienced instructors charge higher rates. Michael Coleson, Director of the Swim Instruction Program and Club Manager, will be happy to help you find the instructor who is right for you once the pool has opened. Scheduling for private lessons will not take place until the pool has opened, May 21st.