

EVENING SWIM LESSON SCHEDULE

SESSION 1 (May 16-May 27) – City residents can register beginning on Monday May 9, 8:00am. Non-city residents can register beginning on Wednesday May 11, 8:00am. Registrations are accepted up through Friday May 13, 5:00pm.

Make ups: May 31 - June 3

Time	LEVEL	LEVEL	LEVEL	LEVEL
5:00	PS-One	PS-One	One	Two
6:00	PS-Two	PS-Three	One	Two
7:00		Three	Four	Adult

SESSION 2 (June 6-June 17) – City residents can register beginning on Tuesday May 31, 8:00am. Non-city residents can register beginning on Wednesday June 1, 8:00am. Registrations are accepted up through Friday June 3, 5:00pm.

Make ups: June 20 - June 24

Time	LEVEL	LEVEL	LEVEL	LEVEL
5:00	PS-One	PS-Two	One	Two
6:00	PS-Two	PS-Three	One	Two
7:00		Three	Four	Adult

SESSION 3 (July 5-July 15) – City residents can register beginning on Monday June 27, 8:00am. Non-city residents can register beginning on Wednesday June 29, 8:00am. Registrations are accepted up through Friday July 1, 5:00pm.

Make ups: June 18 - July 22

Time	LEVEL	LEVEL	LEVEL	LEVEL
5:00	PS-One	PS-Two	One	Two
6:00	PS-Three	One	Two	Three
7:00		Four	Five	Adult

SESSION 4 (July 25-August 5) – City residents can register beginning on Monday July 18, 8:00am. Non-city residents can register beginning on Wednesday July 20, 8:00am. Registrations are accepted up through Friday July 22, 5:00pm.

Make ups: August 8 - August 12

Time	LEVEL	LEVEL	LEVEL	LEVEL
5:00	PS-One	PS-Two	One	Two
6:00	PS-Three	Two	Three	
7:00	Three	Four	Five	Adult

EVENING SWIM LESSON SCHEDULE CONT.

SESSION 5 (August 15-August 26) – City residents can register beginning on Monday August 8, 8:00am. Non-city residents can register beginning on Wednesday August 10, 8:00am. Registrations are accepted up through Friday August 12, 5:00pm.

Make ups: August 29 - September 2

Time	LEVEL	LEVEL	LEVEL	LEVEL
5:00	PS-One	PS-Two	One	Two
6:00	PS-Three	Two	Three	
7:00	Three	Four	Five	Adult

MORNING SWIM LESSON SCHEDULE

SESSION 1 (May 16-May 27) – City residents can register beginning on Monday May 9, 8:00am. Non-city residents can register beginning on Wednesday May 11, 8:00am. Registrations are accepted up through Friday May 13, 5:00pm.

Make ups: May 20 & May 27

Time	LEVEL	LEVEL
9:10	PS-One	PS-Two
10:00	PS-One	PS-Two

SESSION 2 (June 6-June 17) – City residents can register beginning on Tuesday May 31, 8:00am. Non-city residents can register beginning on Wednesday June 1, 8:00am. Registrations are accepted up through Friday June 3, 5:00pm.

Make ups: June 11 & June 18

Time	LEVEL	LEVEL	LEVEL	LEVEL
8:10	PS-One	PS-Two	One	Two
9:00	PS-Three	One	Two	Three

SESSION 3 (June 20-July 1) – City residents can register beginning on Monday June 13, 8:00am. Non-city residents can register beginning on Wednesday June 15, 8:00am. Registrations are accepted up through Friday June 17, 5:00pm.

Make ups: June 25 & July 2

Time	LEVEL	LEVEL	LEVEL	LEVEL
8:10	PS-One	PS-Two	One	Two
9:00	PS-Three	Two	Three	Four

MORNING SWIM LESSON SCHEDULE CONT.

SESSION 4 (July 11-July 22) – City residents can register beginning on Tuesday July 5, 8:00am. Non-city residents can register beginning on Wednesday July 6, 8:00am. Registrations are accepted up through Friday July 8, 5:00pm.

Make ups: July 16 & July 23

Time	LEVEL	LEVEL	LEVEL	LEVEL
8:10	PS-One	PS-Two	One	Two
9:00	PS-Three	Three	Four	Five

SESSION 5 (July 25-August 5) – City residents can register beginning on Monday July 18, 8:00am. Non-city residents can register beginning on Wednesday July 20, 8:00am. Registrations are accepted up through Friday July 22, 5:00pm.

Make ups: July 30 & August 6

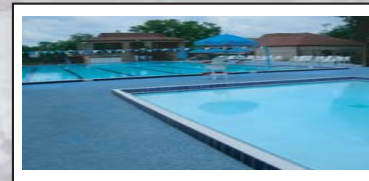
Time	LEVEL	LEVEL	LEVEL	LEVEL
8:10	PS-Two	PS-Two	One	Two
9:00	PS-Three	Three	Four	Five

SESSION 6 (August 15-August 26) – City residents can register beginning on Monday August 8, 8:00am. Non-city residents can register beginning on Wednesday August 10, 8:00am. Registrations are accepted up through Friday August 12, 5:00pm.

Make ups: August 19 & August 26

Time	LEVEL	LEVEL
9:10	PS-One	PS-Two
10:00	PS-Two	PS-Three

ALL LEVELS ARE SUBJECT TO CHANGE



WESTMONTE PARK RECREATION CENTER
SWIMMING POOL

LEVEL DESCRIPTIONS



LEVEL ONE (Ages 3-5)
PRESCHOOL AQUATICS
Submerge Face, Exhale Underwater
Front & Back Float, Supported
Swim On Front & Back

LEVEL TWO (Ages 3-5)
PRESCHOOL AQUATICS
Front/Back Floats & Gliders
Retrieve Underwater Objects
Combine Arm & Leg Action, Partial Support

LEVEL THREE (Ages 3-5)
PRESCHOOL AQUATICS
Fully Submerge & Hold Breath
Treading Water
Change Direction
Combine Arm & Leg Action, No Support

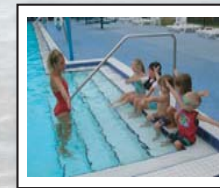
LEVEL ONE (Ages 6 & up)
INTRODUCTION TO WATER SKILLS
Submerge Face
Exhale Underwater
Front & Back Float
Swim on Front & Back, Supported

LEVEL TWO (Ages 6 & up)
FUNDAMENTAL AQUATIC SKILLS
Fully Submerge Head
Retrieve Underwater Objects
Front & Back Glide
Combine Arm & Leg Action, Partial Support

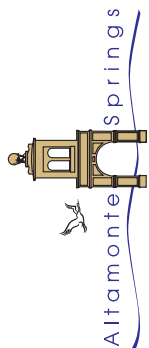
LEVEL THREE (Ages 6 & up)
STROKE DEVELOPMENT
Enter Water By Jumping In
Rotary Breathing
Treading Water
Front & Back Crawl
Dolphin & Breaststroke Kicks

LEVEL FOUR (Ages 6 & up)
STROKE IMPROVEMENT
Dive From Side Of Pool
Front & Back Crawl, Butterfly, Sidestroke
Breaststroke & Elementary Backstroke
Feet First Surface Dive

LEVEL FIVE (Ages 6 & up)
STROKE REFINEMENT
Shallow Dive, Glide, Stroke & Flip Turn
Tuck & Pike Surface Dives
Front & Back Crawl, Butterfly, Sidestroke
Breaststroke & Elementary Backstroke



ALL LEVELS PROMOTE GENERAL & PERSONAL WATER SAFETY AS WELL AS HELPING OTHERS



Westmonte Recreation Center
624 Bills Lane
Altamonte Springs, FL 32714

ALTAMONTE
SPRINGS
RECREATION
**AQUATICS
2011**



FOR MORE INFORMATION
PLEASE CALL
(407) 571-8736

WWW.ALTAMONTESPORTS.ORG

GENERAL INFORMATION

Altamonte Springs Recreation operates a junior Olympic-size pool located at Westmonte Recreation Center. The pool is staffed with American Red Cross certified Lifeguards and Water Safety Instructors. A variety of activities are available to both city and non-city residents. These activities include Open Swim, Swim Lessons, and Parent-Child Swim.

OPEN SWIM

WEEKENDS ONLY :
May 28 - September 4
10:00am - 5:00pm

HOLIDAYS:
May 30, July 4 & September 5
10:00am - 5:00pm

DAILY OPEN SWIM FEES

\$1.00 per child (17 and under)

\$2.00 per adult (18 and over)

(All daily admission fees are collected at the entrance gate to the pool)

SEASON POOL PASSES

Family: \$25.00

Individual: \$15.00

(Season pool passes can be purchased at the entrance gate to the pool as well as at the Westmonte Recreation Center front office Monday through Friday from 8am until 5pm.)

IDENTIFICATION CARDS

Everyone using the Westmonte Recreation Center outdoor pool facility during open swim hours will be required to fill out an identification card. Upon arrival, an identification card will be issued for each person. This identification card will be kept on file at Westmonte Recreation Center. This will give Altamonte Springs Recreation a safe way to identify a person, contact a family member and have access to a phone number in case of an emergency. Identification cards will be issued starting Saturday, May 28, the first day the pool is open for open swim.

SWIM LESSONS

Altamonte Springs Recreation will be offering American Red Cross swim lessons to both city and non-city residents. There will be classes available in Preschool Levels one through three (recommended for children ages three through five), Learn-To-Swim Levels one through five (recommended for children ages six and older) and Adult (ages 18 and older). All classes are instructed by American Red Cross certified Water Safety Instructors. Sessions are held in two week intervals with eight lessons offered in each session. Classes will be held four days per week (Mondays, Tuesdays, Wednesdays and Thursdays), 40 minutes per class. Classes are limited to six participants in all Preschool levels and Learn-To Swim levels one through three. Classes are limited to eight participants in Learn-To-Swim levels four through five and Adult classes. A minimum of four participants must register to conduct a class. The non-refundable fee for City residents is \$35.00 and for non-city residents \$50.00. Participants must be at least three years of age at the time of registration.

REGISTRATION

In order to register please visit us at www.altamontesports.org and click on the Aquatics link. Please follow the provided instructions to access our on-line registration page and to register.

PARENT-CHILD SWIM

Every Wednesday morning from 11:00am until 12:00pm beginning on June 8 and ending on August 3 a lifeguard will be on duty to allow parents and toddlers (ages two and under) to get comfortable in and around the water together. Each child must have an adult with them at all times. A fee is not required.