

Frequently Asked Questions:

How do I register?

Registration is held on designated days for all available sessions during the summer. Any remaining spots will be on a first come first served basis during the season. Please bring a **check** or **money order only** in the amount of \$50.00 for 8 group lessons or \$125.00 for 8 private lessons.

What happens if it is raining or there is a storm prior to or during my lessons?

Class will only be cancelled if there is thunder/lightning or heavy rain. Your child's instructor will call and let you know if lessons are canceled 15 minutes prior to the start of the lesson.

If I miss a swim lesson due to a personal reason do I get to make it up?

No. Swim lessons will only be made up if the City cancels the class due to weather.

Can I use the pool before and after my lessons?

Payment for the swim lesson program entitles the participant use of the pool during that program only. Pool admission must be paid for use of the pool before and/or after lessons.

Do I get a refund if I find out that I cannot attend an entire session?

Yes, for a refund notify the recreation department at least one week before the session begins. There will be a \$10 administrative fee to process the refund. If you do not let us know one week in advance you will lose 100 percent of your refund.



City of Ocoee Parks & Recreation Department

Aquatic Facility

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Aquatic Staff

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SWIM LESSONS

City of Ocoee Parks & Recreation



2011 CLASS INFORMATION

Swim Lesson Information:

Group Swim Lessons/Private Swim Lessons

- ◆ There will be a total of 6 group swim lesson sessions held which consist of 8 thirty minute lessons.
- ◆ Morning group lessons (9am-11am) and evening group lessons (6pm-7pm) are offered Monday - Thursday, with
- ◆ make-ups on Friday.
- ◆ Evening group swim lessons are for adult classes only.
- ◆ Private lessons will consist of a one thirty minute lesson every Saturday morning between the hours of 9:00am - 11:00am.
- ◆ There must be a minimum of 2 people registered to have a class.
- ◆ Participants are guaranteed one make-up class per week if there is a pool closure due to a storm or biological hazard.

Infant Swim Lessons (6 months - 4 yrs)

In this class the instructor will focus on making the infant comfortable in the water while teaching basic skills. The instructor will also offer instruction in any additional areas requested by the parent or guardian.

Children's Swim Lessons (4 yrs - 17 yrs)

This class is organized into different levels based on the swimming abilities of the participant. Please see the Swim Lesson Level Descriptions located in this brochure.

Adult Swim Lessons (18 yrs +)

This class will focus on the basics of breathing, floating and beginner strokes. The instructor will also offer instruction in any additional areas requested by the participant.

Swim Lesson Schedule:

Swim Lessons Registration Dates

Residents Only:

Saturday May 1410:00am - 5:00pm
May 16 - 20.....1:00pm - 9:00pm

Residents & Non-Residents:

May 21.....9:00am - 6:00pm
May 23 - 27.....1:00pm - 9:00pm
May 28.....9:00am - 6:00pm

After May 30 registration based on availability

Session I Lesson Dates

Morning/Evening: June 6, 7, 8, 9, 13, 14, 15, 16
Morning Private Lessons: June 4, 11, 18, 25

Session II Lesson Dates:

Morning/Evening: June 20, 21, 22, 23, 27, 28, 29, 30
Morning Private Lessons: July 2, 9, 16, 23

Session III Lesson Dates:

Morning/Evening: July 5, 6, 7, 8, 11, 12, 13, 14
Morning Private Lessons: August 6, 13, 20, 27

Session IV Lesson Dates:

Morning/Evening: July 18, 19, 20, 21, 25, 26, 27, 28
Morning Private Lessons: September 3, 10, 17, 24

Session V Lesson Dates:

Morning/Evening: August 1, 2, 3, 4, 8, 9, 10, 11

Session VI Lesson Dates:

Morning/Evening: August 15, 16, 17, 18, 22, 23, 24, 25

Swim Lesson Level Description:

IPAP: Infant and Preschool Aquatics Program.

This program is designed to help young children (ages 6 months old - 4 years old) to become comfortable in and around the water so they are ready to learn how to swim.

Level I: Water Exploration.

Students will learn to put their face in the water and blow bubbles, float on their front and back with support and learn the proper arm and leg swim motions.

Level II: Primary Skills.

Students learn to float without support and to recover to a vertical position. This level also marks the beginning of true locomotion skills, using arms and legs, and rhythmic breathing. Participant must have passed level 1 in order to sign up for this class.

Level III: Stroke Readiness.

Students learn the coordinated motion of the freestyle and backstroke. The fundamentals of treading water are introduced.

Level IV: Stroke Development.

Students will better develop their freestyle and backstroke. Students will also be introduced to the breaststroke and sidestroke.

Level V: Stroke Refinement.

Students will better develop their breaststroke and sidestroke. They will also be introduced to the butterfly stroke and flip turns.