



# Learn to Swim

**O**'Fallon's Learn to Swim program is built on teaching aquatic and safety skills in a logical progression. Our goal is to teach children and adults how to swim and be safe in and around the water.

The program is composed of 11 course levels:

- Aqua Learning: Shrimp I and II
- Preschool: Turtle
- Preschool Plus: Seahorse
- Level 1: Explorer
- Level 2: Submarine
- Level 3: Clipper
- Level 4: Sailor
- Level 5: Adventurer
- Level 6: Barracuda
- Level: Fear of Water

**Aqua Learning:** Parent and child participation is required. Class size is limited to eight parent-child couples.

**Preschool - Level 3:** Class ratio is six children to one instructor.

**Levels 4-6:** Class ratio is eight children to one instructor.

**Fear of Water:** Class ratio is four to one instructor. Parents are required to be in the water the first four classes.

Participants will move to the next class or skill level when all skills from the previous level are mastered. Some classes may seem repetitive, but we want swimmers to perfect their skills in order to advance safely. Please keep in mind that children learn at different paces and it's common to repeat a class.

Weekday classes at the RSC meet twice weekly for four weeks and last 35 minutes. Saturday morning sessions last 40 minutes and meet for seven weeks.

Classes at Alligator's Creek meet four times a week for two weeks and last 35 minutes.

## Which class is right for my child?

To ensure your child's success in the Learn to Swim Program, it's important to register children for the appropriate level. Children who have participated in the swimming program should register according to the last class successfully completed. Each child must pass a particular level before proceeding to the next.

## Aqua Learning

This program helps children ages 6 months to 3 years become comfortable in and around water and prepares them to learn how to swim. The class is divided into two sections: Shrimp I and Shrimp II. *NOTE: Classes may seem repetitive because they are introductions to water.*

### Shrimp I • Ages 6 – 18 months

Parent-child or guardian participation in the water is required. The instructor will demonstrate techniques as parents learn how to safely guide children and help them advance at their own pace.

#### Morning Classes

30812	M/W	11:00-11:35A	Apr 9	RSC	\$46/\$52
31821	W/M	9:00-9:35A	May 9	RSC	\$46/\$52
31822	SA	10:25-11:05A	May 12	RSC	\$46/\$52
31823	M/W	9:00-9:35A	Jun 11	RSC	\$46/\$52
31824	TU/TH	9:00-9:35A	Jun 12	RSC	\$46/\$52
31828	SA	10:25-11:05A	Jul 7	RSC	\$46/\$52
31826	W/M	9:00-9:35A	Jul 18	RSC	\$46/\$52
31825	TH/TU	9:00-9:35A	Jul 19	RSC	\$46/\$52

#### Evening Classes

30813	TU/TH	5:30-6:05P	Apr 10	RSC	\$46/\$52
31827	TH/TU	5:30-6:05P	May 10	RSC	\$46/\$52
31831	TU/TH	5:15-5:50P	Jun 12	RSC	\$46/\$52
31832	TU/TH	5:30-6:05P	Jul 19	RSC	\$46/\$52

## Shrimp II • Ages 18–36 months

Preschoolers learn basic water safety and the fundamentals of swimming. The class is for children who are not yet ready to be away from mom or dad but do enjoy the water.

### Morning Classes

30846	M/W	10:30-11:05A	Apr 9	RSC	\$46/\$52
30845	TU/TH	10:30-11:05A	Apr 10	RSC	\$46/\$52
31848	W/M	9:45-10:20A	May 9	RSC	\$46/\$52
31884	TH/TU	9:45-10:20A	May 10	RSC	\$46/\$52
31849	SA	9:35-10:15A	May 12	RSC	\$46/\$52
31850	SA	11:15-11:55A	May 12	RSC	\$46/\$52
31851	M/W	9:45-10:20A	Jun 11	RSC	\$46/\$52
31867	M/W	10:30-11:05A	Jun 11	RSC	\$46/\$52
31885	TU/TH	9:45-10:20A	Jun 12	RSC	\$46/\$52
31866	TU/TH	10:30-11:05A	Jun 12	RSC	\$46/\$52
31856	SA	9:35-10:15A	Jul 7	RSC	\$46/\$52
31857	SA	11:15-11:55A	Jul 7	RSC	\$46/\$52
31853	W/M	9:45-10:20A	Jul 18	RSC	\$46/\$52
31869	W/M	10:30-11:05A	Jul 18	RSC	\$46/\$52
31852	TH/TU	9:45-10:20A	Jul 19	RSC	\$46/\$52
31868	TH/TU	10:30-11:05A	Jul 19	RSC	\$46/\$52
31886	W-TU	11:15-11:50A	May 30	AC	\$43/\$49
31889	M-TH	11:15-11:50A	Jun 18	AC	\$43/\$49
31876	M-TH	11:15-11:50A	Jul 9	AC	\$43/\$49
31877	W-TU	11:15-11:50A	Jul 25	AC	\$43/\$49

### Evening Classes

30844	TU/TH	6:15-6:50P	Apr 10	RSC	\$46/\$52
31855	TH/TU	4:45-5:20P	May 10	RSC	\$46/\$52
31854	TH/TU	6:15-6:50P	May 10	RSC	\$46/\$52
31858	TU/TH	4:30-5:05P	Jun 12	RSC	\$46/\$52
31859	TU/TH	6:00-6:35P	Jun 12	RSC	\$46/\$52
31860	TH/TU	4:45-5:20P	Jul 19	RSC	\$46/\$52
31861	TH/TU	6:15-6:50P	Jul 19	RSC	\$46/\$52
31862	W-TU	7:00-7:35P	May 30	AC	\$43/\$49
31863	M-TH	7:00-7:35P	Jun 18	AC	\$43/\$49
31864	M-TH	7:00-7:35P	Jul 19	AC	\$43/\$49
31865	W-TU	7:00-7:35P	Jul 25	AC	\$43/\$49

## Preschool Level

### Turtle • Ages 3–5

This water adjustment class is especially for children who may never have had swimming lessons. Activities may seem repetitive but students will gain confidence as they master introductory skills and learn safe practices.

#### Prerequisite Skills

- Able to follow instructions

#### Skills Taught

- Introduction to front and back floating and kicking
- Bubble blowing
- Introduction to arm movement
- Basic pool rules and water adjustment

### Morning Classes

31009	M/W	9:00-9:35A	Apr 9	RSC	\$46/\$52
31011	TU/TH	9:00-9:35A	Apr 10	RSC	\$46/\$52
31911	W/M	10:30-11:05A	May 9	RSC	\$46/\$52
31912	TH/TU	10:30-11:05A	May 10	RSC	\$46/\$52
31913	SA	8:45-9:25A	May 12	RSC	\$46/\$52
31914	SA	9:35-10:15A	May 12	RSC	\$46/\$52
31915	SA	10:25-11:05A	May 12	RSC	\$46/\$52
31916	SA	11:15-11:55A	May 12	RSC	\$46/\$52
31917	M/W	9:00-9:35A	Jun 11	RSC	\$46/\$52
31918	M/W	9:45-10:20A	Jun 11	RSC	\$46/\$52
31919	M/W	10:30-11:05A	Jun 11	RSC	\$46/\$52
31952	M/W	11:15-11:50A	Jun 11	RSC	\$46/\$52
31920	TU/TH	9:00-9:35A	Jun 12	RSC	\$46/\$52
31921	TU/TH	9:45-10:20A	Jun 12	RSC	\$46/\$52
31922	TU/TH	10:30-11:05A	Jun 12	RSC	\$46/\$52
31952	TU/TH	11:15-11:50A	Jun 12	RSC	\$46/\$52
31926	SA	8:45-9:25A	Jul 7	RSC	\$46/\$52
31927	SA	9:35-10:15A	Jul 7	RSC	\$46/\$52
31928	SA	10:25-11:05A	Jul 7	RSC	\$46/\$52
31923	W/M	9:00-9:35A	Jul 18	RSC	\$46/\$52
31924	W/M	9:45-10:20A	Jul 18	RSC	\$46/\$52
31925	W/M	10:30-11:05A	Jul 18	RSC	\$46/\$52
31954	W/M	11:15-11:50A	Jul 18	RSC	\$46/\$52
31948	TH/TU	9:00-9:35A	Jul 19	RSC	\$46/\$52
31949	TH/TU	9:45-10:20A	Jul 19	RSC	\$46/\$52
31950	TH/TU	10:30-11:05A	Jul 19	RSC	\$46/\$52
31953	TH/TU	11:15-11:50A	Jul 19	RSC	\$46/\$52
31961	W-TU	9:00-9:35A	May 30	AC	\$43/\$49
31962	W-TU	9:45-10:20A	May 30	AC	\$43/\$49
31963	W-TU	10:30-11:05A	May 30	AC	\$43/\$49
31964	W-TU	11:15-11:50A	May 30	AC	\$43/\$49
31946	SA	8:30-9:05A	Jun 2	AC	\$43/\$49
31947	SA	9:15-9:50A	Jun 2	AC	\$43/\$49
31965	M-TH	9:00-9:35A	Jun 18	AC	\$43/\$49
31966	M-TH	9:45-10:20A	Jun 18	AC	\$43/\$49
31967	M-TH	10:30-11:05A	Jun 18	AC	\$43/\$49
31968	M-TH	11:15-11:50A	Jun 18	AC	\$43/\$49
31935	M-TH	9:00-9:35A	Jul 9	AC	\$43/\$49
31936	M-TH	9:45-10:20A	Jul 9	AC	\$43/\$49
31937	M-TH	10:30-11:05A	Jul 9	AC	\$43/\$49
31938	M-TH	11:15-11:50A	Jul 9	AC	\$43/\$49
31939	W-TU	9:00-9:35A	Jul 25	AC	\$43/\$49
31940	W-TU	9:45-10:20A	Jul 25	AC	\$43/\$49
31941	W-TU	10:30-11:05A	Jul 25	AC	\$43/\$49
31942	W-TU	11:15-11:50A	Jul 25	AC	\$43/\$49

### Evening Classes

31010	M/W	4:45-5:20P	Apr 9	RSC	\$46/\$52
31012	TU/TH	4:45-5:20P	Apr 10	RSC	\$46/\$52
31013	TU/TH	5:30-6:05P	Apr 10	RSC	\$46/\$52
31014	TU/TH	7:00-7:35P	Apr 10	RSC	\$46/\$52
31929	TH/TU	4:45-5:20P	May 10	RSC	\$46/\$52

31930	TH/TU	5:30-6:05P	May 10	RSC	\$46/\$52
31931	TH/TU	7:00-7:35P	May 10	RSC	\$46/\$52
31932	TU/TH	4:30-5:05P	Jun 12	RSC	\$46/\$52
31933	TU/TH	5:15-5:50P	Jun 12	RSC	\$46/\$52
31934	TU/TH	6:45-7:20P	Jun 12	RSC	\$46/\$52
31943	TH/TU	4:45-5:20P	Jul 19	RSC	\$46/\$52
31944	TH/TU	5:30-6:05P	Jul 19	RSC	\$46/\$52
31945	TH/TU	7:00-7:35P	Jul 19	RSC	\$46/\$52
31955	W-TU	7:00-7:35P	May 30	AC	\$43/\$49
31956	W-TU	7:45-8:20P	May 30	AC	\$43/\$49
31969	M-TH	7:00-7:35P	Jun 18	AC	\$43/\$49
31970	M-TH	7:45-8:20P	Jun 18	AC	\$43/\$49
31957	M-TH	7:00-7:35P	Jul 9	AC	\$43/\$49
31958	M-TH	7:45-8:20P	Jul 9	AC	\$43/\$49
31959	W-TU	7:00-7:35P	Jul 25	AC	\$43/\$49
31960	W-TU	7:45-8:20P	Jul 25	AC	\$43/\$49

## Preschool Level Plus

### Seahorse • Ages 4–5

This program prepares children to enter the Explorer level independently. To participate, youngsters must have been enrolled in a previous swimming program.

#### Prerequisite Skills

- Able to follow instructions
- Able to put face into water without fear

#### Skills Taught

- Back and front floating and kicking
- Bubble blowing
- Introduction to arm movement, back and front glide

#### Morning Classes

31066	M/W	9:45-10:20A	Apr 9	RSC	\$46/\$52
31068	TU/TH	9:45-10:20A	Apr 10	RSC	\$46/\$52
31971	W/M	11:15-11:50A	May 9	RSC	\$46/\$52
31972	TH/TU	11:15-11:50A	May 10	RSC	\$46/\$52
31973	SA	8:45-9:25A	May 12	RSC	\$46/\$52
31974	SA	9:35-10:15A	May 12	RSC	\$46/\$52
31975	SA	10:25-11:05A	May 12	RSC	\$46/\$52
31976	SA	11:15-11:55A	May 12	RSC	\$46/\$52
31977	M/W	9:00-9:35A	Jun 11	RSC	\$46/\$52
31978	M/W	9:45-10:20A	Jun 11	RSC	\$46/\$52
31979	M/W	10:30-11:05A	Jun 11	RSC	\$46/\$52
31980	TU/TH	9:00-9:35A	Jun 12	RSC	\$46/\$52
31981	TU/TH	9:45-10:20A	Jun 12	RSC	\$46/\$52
31982	TU/TH	10:30-11:05A	Jun 12	RSC	\$46/\$52
31986	SA	8:45-9:25A	Jul 7	RSC	\$46/\$52
31987	SA	9:35-10:15A	Jul 7	RSC	\$46/\$52
31988	SA	10:25-11:05A	Jul 7	RSC	\$46/\$52
31989	SA	11:15-11:55A	Jul 7	RSC	\$46/\$52

31983	W/M	9:00-9:35A	Jul 18	RSC	\$46/\$52
31984	W/M	9:45-10:20A	Jul 18	RSC	\$46/\$52
31985	W/M	10:30-11:05A	Jul 18	RSC	\$46/\$52
31989	TH/TU	9:00-9:35A	Jul 19	RSC	\$46/\$52
31990	TH/TU	9:45-10:20A	Jul 19	RSC	\$46/\$52
31991	TH/TU	10:30-11:05A	Jul 19	RSC	\$46/\$52
32021	W-TU	9:00-9:35A	May 30	AC	\$43/\$49
32022	W-TU	9:45-10:20A	May 30	AC	\$43/\$49
32023	W-TU	10:30-11:05A	May 30	AC	\$43/\$49
32024	W-TU	11:15-11:50A	May 30	AC	\$43/\$49
32025	M-TH	9:00-9:35A	Jun 18	AC	\$43/\$49
32026	M-TH	9:45-10:20A	Jun 18	AC	\$43/\$49
32027	M-TH	10:30-11:05A	Jun 18	AC	\$43/\$49
32028	M-TH	11:15-11:50A	Jun 18	AC	\$43/\$49
31995	M-TH	9:00-9:35A	Jul 9	AC	\$43/\$49
31996	M-TH	9:45-10:20A	Jul 9	AC	\$43/\$49
31997	M-TH	10:30-11:05A	Jul 9	AC	\$43/\$49
31998	M-TH	11:15-11:50A	Jul 9	AC	\$43/\$49
31999	W-TU	9:00-9:35A	Jul 25	AC	\$43/\$49
32000	W-TU	9:45-10:20A	Jul 25	AC	\$43/\$49
32001	W-TU	10:30-11:05A	Jul 25	AC	\$43/\$49
32002	W-TU	11:15-11:50A	Jul 25	AC	\$43/\$49

#### Evening Classes

31067	M/W	5:30-6:05P	Apr 9	RSC	\$46/\$52
31069	TU/TH	4:45-5:20P	Apr 10	RSC	\$46/\$52
31070	TU/TH	6:15-6:50P	Apr 10	RSC	\$46/\$52
31071	TU/TH	7:00-7:35P	Apr 10	RSC	\$46/\$52
31992	TH/TU	4:45-5:20P	May 10	RSC	\$46/\$52
31993	TH/TU	6:15-6:50P	May 10	RSC	\$46/\$52
31994	TH/TU	7:00-7:35P	May 10	RSC	\$46/\$52
32003	TU/TH	4:30-5:05P	Jun 12	RSC	\$46/\$52
32004	TU/TH	6:00-6:35P	Jun 12	RSC	\$46/\$52
32005	TU/TH	6:45-7:20P	Jun 12	RSC	\$46/\$52
32006	TH/TU	4:45-5:20P	Jul 19	RSC	\$46/\$52
32007	TH/TU	6:15-6:50P	Jul 19	RSC	\$46/\$52
32008	TH/TU	7:00-7:35P	Jul 19	RSC	\$46/\$52
32015	M-TH	7:00-7:35P	May 30	AC	\$43/\$49
32016	M-TH	7:45-8:20P	May 30	AC	\$43/\$49
32029	W-W	7:00-7:35P	Jun 18	AC	\$43/\$49
32030	W-W	7:45-8:20P	Jun 18	AC	\$43/\$49
32017	TU-M	7:00-7:35P	Jul 9	AC	\$43/\$49
32018	TU-M	7:45-8:20P	Jul 9	AC	\$43/\$49
32019	W-W	7:00-7:35P	Jul 25	AC	\$43/\$49
32020	W-W	7:45-8:20P	Jul 25	AC	\$43/\$49

### Adult Lap Swim at Alligator's Creek Ages 18+, Members Only

#### May 30 – August 9

On Monday through Thursday from 10 – 11:55 a.m., one lap lane in the competition pool will be available to adults, only.

## Level One

### Explorer • Ages 4–6

This level is for children who can walk five yards in chest-deep water and submerge their face. Beginning swimmers will explore the fundamentals of aquatic activities. A variety of games will be played to get youngsters familiar and comfortable with water.

#### Prerequisite Skills

- Able to follow instructions
- Willing to explore aquatic environment without parent
- Little or no fear of water

#### Skills Taught

- Holding breath
- Opening eyes under water
- Floating and kicking
- Submerging nose and face
- Front and back crawl arm movement

#### Morning Classes

31137	TU/TH	11:15-11:50A	Apr 10	RSC	\$46/\$52
32037	TH/TU	9:00-9:35A	May 10	RSC	\$46/\$52
32038	SA	8:45-9:25A	May 12	RSC	\$46/\$52
32039	SA	9:35-10:15A	May 12	RSC	\$46/\$52
32040	SA	10:25-11:05A	May 12	RSC	\$46/\$52
32041	SA	11:15-11:55A	May 12	RSC	\$46/\$52
32045	M/W	9:00-9:35A	Jun 11	RSC	\$46/\$52
32086	M/W	9:45-10:20A	Jun 11	RSC	\$46/\$52
32046	M/W	10:30-11:05A	Jun 11	RSC	\$46/\$52
32047	M/W	11:15-11:50A	Jun 11	RSC	\$46/\$52
32042	TU/TH	9:00-9:35A	Jun 12	RSC	\$46/\$52
32086	TU/TH	9:45-10:20A	Jun 12	RSC	\$46/\$52
32043	TU/TH	10:30-11:05A	Jun 12	RSC	\$46/\$52
32044	TU/TH	11:15-11:50A	Jun 12	RSC	\$46/\$52
32049	SA	8:45-9:25A	Jul 7	RSC	\$46/\$52
32051	SA	10:25-11:05A	Jul 7	RSC	\$46/\$52
32052	SA	11:15-11:55A	Jul 7	RSC	\$46/\$52
32056	W/M	9:00-9:35A	Jul 18	RSC	\$46/\$52
32031	W/M	9:45-10:20A	Jul 18	RSC	\$46/\$52
32057	W/M	10:30-11:05A	Jul 18	RSC	\$46/\$52
32058	W/M	11:15-11:50A	Jul 18	RSC	\$46/\$52
32053	TH/TU	9:00-9:35A	Jul 19	RSC	\$46/\$52
32032	TH/TU	9:45-10:20A	Jul 19	RSC	\$46/\$52
32054	TH/TU	10:30-11:05A	Jul 19	RSC	\$46/\$52
32055	TH/TU	11:15-11:50A	Jul 19	RSC	\$46/\$52
32087	W-TU	9:00-9:35A	May 30	AC	\$43/\$49
32088	W-TU	9:45-10:20A	May 30	AC	\$43/\$49
32089	W-TU	10:30-11:05A	May 30	AC	\$38/\$43
32090	W-TU	11:15-11:50A	May 30	AC	\$43/\$49
32050	SA	8:30-9:05A	Jun 2	AC	\$43/\$49
32091	M-TH	9:00-9:35A	Jun 18	AC	\$43/\$49
32092	M-TH	9:45-10:20A	Jun 18	AC	\$43/\$49
32093	M-TH	10:30-11:05A	Jun 18	AC	\$43/\$49
32094	M-TH	11:15-11:50A	Jun 18	AC	\$43/\$49

32059	M-TH	9:00-9:35A	Jul 9	AC	\$43/\$49
32060	M-TH	9:45-10:20A	Jul 9	AC	\$43/\$49
32061	M-TH	10:30-11:05A	Jul 9	AC	\$43/\$49
32062	M-TH	11:15-11:50A	Jul 9	AC	\$43/\$49
32063	W-TU	9:00-9:35A	Jul 25	AC	\$43/\$49
32064	W-TU	9:45-10:20A	Jul 25	AC	\$43/\$49
32065	W-TU	10:30-11:05A	Jul 25	AC	\$43/\$49
32066	W-TU	11:15-11:50A	Jul 25	AC	\$43/\$49

#### Evening Classes

31138	M/W	6:15-6:50P	Apr 9	RSC	\$46/\$52
31139	TU/TH	5:30-6:05P	Apr 10	RSC	\$46/\$52
31140	TU/TH	6:15-6:50P	Apr 10	RSC	\$46/\$52
31141	TU/TH	7:00-7:35P	Apr 10	RSC	\$46/\$52
32067	TH/TU	5:30-6:05P	May 10	RSC	\$46/\$52
32076	TH/TU	6:15-6:50P	May 10	RSC	\$46/\$52
32069	TH/TU	7:00-7:35P	May 10	RSC	\$46/\$52
32070	TU/TH	5:15-5:50P	Jun 12	RSC	\$46/\$52
32071	TU/TH	6:00-6:35P	Jun 12	RSC	\$46/\$52
32072	TU/TH	6:45-7:20P	Jun 12	RSC	\$46/\$52
32073	TH/TU	5:30-6:05P	Jul 19	RSC	\$46/\$52
32078	TH/TU	6:15-6:50P	Jul 19	RSC	\$46/\$52
32075	TH/TU	7:00-7:35P	Jul 19	RSC	\$46/\$52
32079	W-TU	6:15-6:50P	May 30	AC	\$43/\$49
32080	W-TU	7:45-8:20P	May 30	AC	\$43/\$49
32095	M-TH	6:15-6:50P	Jun 18	AC	\$43/\$49
32096	M-TH	7:45-8:20P	Jun 18	AC	\$43/\$49
32081	M-TH	6:15-6:50P	Jul 9	AC	\$43/\$49
32082	M-TH	7:45-8:20P	Jul 9	AC	\$43/\$49
32083	W-TU	6:15-6:50P	Jul 25	AC	\$43/\$49
32084	W-TU	7:45-8:20P	Jul 25	AC	\$43/\$49

## Level Two

### Submarine • Ages 5+

#### Prerequisite Skills

- Pass Level One: Explorer skills
- Perform a supported float and kick
- Submerge entire face
- Must be comfortable in the water

#### Skills Taught

- Survival and safety skills
- Kicking and floating without assistance
- Entering and exiting pool unassisted
- Introduction to front and back crawl

#### Morning Classes

32104	SA	8:45-9:25A	May 12	RSC	\$46/\$52
32105	SA	9:35-10:15A	May 12	RSC	\$46/\$52
32107	SA	11:15-11:55A	May 12	RSC	\$46/\$52
32111	M/W	9:00-9:35A	Jun 11	RSC	\$46/\$52

32112	M/W	9:45-10:20A	Jun 11	RSC	\$46/\$52
32113	M/W	10:30-11:05A	Jun 11	RSC	\$46/\$52
32108	TU/TH	9:00-9:35A	Jun 12	RSC	\$46/\$52
32109	TU/TH	9:45-10:20A	Jun 12	RSC	\$46/\$52
32110	TU/TH	10:30-11:05A	Jun 12	RSC	\$46/\$52
32114	SA	8:45-9:25A	Jul 7	RSC	\$46/\$52
32115	SA	9:35-10:15A	Jul 7	RSC	\$46/\$52
32117	SA	11:15-11:55A	Jul 7	RSC	\$46/\$52
32121	W/M	9:00-9:35A	Jul 18	RSC	\$46/\$52
32122	W/M	9:45-10:20A	Jul 18	RSC	\$46/\$52
32123	W/M	10:30-11:05A	Jul 18	RSC	\$46/\$52
32118	TH/TU	9:00-9:35A	Jul 19	RSC	\$46/\$52
32119	TH/TU	9:45-10:20A	Jul 19	RSC	\$46/\$52
32120	TH/TU	10:30-11:05A	Jul 19	RSC	\$46/\$52
32156	W-TU	9:00-9:35A	May 30	AC	\$43/\$49
32157	W-TU	9:45-10:20A	May 30	AC	\$43/\$49
32158	W-TU	11:15-11:50A	May 30	AC	\$43/\$49
32116	SA	9:15-9:50A	Jun 2	AC	\$43/\$49
32159	M-TH	9:00-9:35A	Jun 18	AC	\$43/\$49
32160	M-TH	9:45-10:20A	Jun 18	AC	\$43/\$49
32161	M-TH	11:15-11:50A	Jun 18	AC	\$43/\$49
32124	M-TH	9:00-9:35A	Jul 9	AC	\$43/\$49
32125	M-TH	9:45-10:20A	Jul 9	AC	\$43/\$49
32126	M-TH	11:15-11:50A	Jul 9	AC	\$43/\$49
32127	W-TU	9:00-9:35A	Jul 25	AC	\$43/\$49
32128	W-TU	9:45-10:20A	Jul 25	AC	\$43/\$49
32129	W-TU	11:15-11:50A	Jul 25	AC	\$43/\$49

### Evening Classes

31214	TU/TH	4:45-5:20P	Apr 10	RSC	\$46/\$52
31215	TU/TH	6:15-6:50P	Apr 10	RSC	\$46/\$52
31217	TU/TH	7:00-7:35P	Apr 10	RSC	\$46/\$52
32131	W/M	4:45-5:20P	May 9	RSC	\$46/\$52
32132	TH/TU	4:45-5:20P	May 10	RSC	\$46/\$52
32133	TH/TU	5:30-6:05P	May 10	RSC	\$46/\$52
32134	TH/TU	6:00-6:35P	May 10	RSC	\$46/\$52
32137	TU/TH	4:30-5:05P	Jun 12	RSC	\$46/\$52
32138	TU/TH	5:15-5:50P	Jun 12	RSC	\$46/\$52
32139	TU/TH	6:00-6:35P	Jun 12	RSC	\$46/\$52
32140	TH/TU	4:45-5:20P	Jul 19	RSC	\$46/\$52
32130	TH/TU	5:30-6:05P	Jul 19	RSC	\$46/\$52
32141	TH/TU	6:15-6:50P	Jul 19	RSC	\$46/\$52
32150	W-TU	6:15-6:50P	May 30	AC	\$43/\$49
32151	W-TU	7:00-7:35P	May 30	AC	\$43/\$49
32162	M-TH	6:15-6:50P	Jun 18	AC	\$43/\$49
32163	M-TH	7:00-7:35P	Jun 18	AC	\$43/\$49
32152	M-TH	6:15-6:50P	Jul 9	AC	\$43/\$49
32153	M-TH	7:00-7:35P	Jul 9	AC	\$43/\$49
32154	W-TU	6:15-6:50P	Jul 25	AC	\$43/\$49
32155	W-TU	7:00-7:35P	Jul 25	AC	\$43/\$49

## Level Three

### Clipper • Ages 6+

#### Prerequisite Skills

- Pass Level Two: Submarine skills
- Float and swim on back
- Submerge entire head

#### Skills Taught

- Front and back crawl with rotary breathing
- Treading water
- Retrieving objects
- Reverse direction while swimming

#### Morning Classes

32176	SA	8:45-9:25A	May 12	RSC	\$46/\$52
32177	SA	10:25-11:05A	May 12	RSC	\$46/\$52
32181	M/W	9:45-10:20A	Jun 11	RSC	\$46/\$52
32213	M/W	10:30-11:05A	Jun 11	RSC	\$46/\$52
32182	M/W	11:15-11:50A	Jun 11	RSC	\$46/\$52
32179	TU/TH	9:45-10:20A	Jun 12	RSC	\$46/\$52
32211	TU/TH	10:30-11:05A	Jun 12	RSC	\$46/\$52
32180	TU/TH	11:15-11:50A	Jun 12	RSC	\$46/\$52
32199	SA	8:45-9:25A	Jul 7	RSC	\$46/\$52
32200	SA	10:25-11:05A	Jul 7	RSC	\$46/\$52
32185	W/M	9:45-10:20A	Jul 18	RSC	\$46/\$52
32214	W/M	10:30-11:05A	Jul 18	RSC	\$46/\$52
32186	W/M	11:15-11:50A	Jul 18	RSC	\$46/\$52
32183	TH/TU	9:45-10:20A	Jul 19	RSC	\$46/\$52
32212	TH/TU	10:30-11:05A	Jul 19	RSC	\$46/\$52
32184	TH/TU	11:15-11:50A	Jul 19	RSC	\$46/\$52
32215	W-TU	9:00-9:35A	May 30	AC	\$43/\$49
32216	W-TU	9:45-10:20A	May 30	AC	\$43/\$49
32217	M-TH	9:00-9:35A	Jun 18	AC	\$43/\$49
32218	M-TH	9:45-10:20A	Jun 18	AC	\$43/\$49
32187	M-TH	9:00-9:35A	Jul 9	AC	\$43/\$49
32188	M-TH	9:45-10:20A	Jul 9	AC	\$43/\$49
32189	W-TU	9:00-9:35A	Jul 25	AC	\$43/\$49
32190	W-TU	9:45-10:20A	Jul 25	AC	\$43/\$49

#### Evening Classes

31271	TU/TH	4:45-5:20P	Apr 10	RSC	\$46/\$52
31277	TU/TH	6:15-6:50P	Apr 10	RSC	\$46/\$52
32203	W/M	5:30-6:05P	May 9	RSC	\$46/\$52
32192	TH/TU	4:45-5:20P	May 10	RSC	\$46/\$52
32193	TH/TU	6:15-6:50P	May 10	RSC	\$46/\$52
32195	TU/TH	4:30-5:05P	Jun 12	RSC	\$46/\$52
32196	TU/TH	6:00-6:35P	Jun 12	RSC	\$46/\$52
32201	TU/TH	7:30-8:05P	Jun 12	RSC	\$46/\$52
32197	TH/TU	4:45-5:20P	Jul 19	RSC	\$46/\$52
32198	TH/TU	6:15-6:50P	Jul 19	RSC	\$46/\$52
32202	TH/TU	7:30-8:05P	Jul 19	RSC	\$46/\$52
32205	W-TU	6:15-6:50P	May 30	AC	\$43/\$49
32206	W-TU	7:00-7:35P	May 30	AC	\$43/\$49
32219	M-TH	6:15-6:50P	Jun 18	AC	\$43/\$49
32220	M-TH	7:00-7:35P	Jun 18	AC	\$43/\$49
32207	M-TH	6:15-6:50P	Jul 9	AC	\$43/\$49
32208	M-TH	7:00-7:35P	Jul 9	AC	\$43/\$49
32209	W-TU	6:15-6:50P	Jul 25	AC	\$43/\$49
32210	W-TU	7:00-7:35P	Jul 25	AC	\$43/\$49

## Level Four

### Sailor • Ages 6+

#### Prerequisite Skills

- Pass Level Three: Clipper skills
- Swim one pool length unassisted using front and back crawl stroke
- Treading water

#### Skills Taught

- Breaststroke kick
- Sidestroke kick
- Dolphin kick
- Elementary backstroke
- Swimming under water

#### Morning Classes

32235	SA	8:45-9:25A	May 12	RSC	\$46/\$52
32238	M/W	11:15-11:50A	Jun 11	RSC	\$46/\$52
32237	TU/TH	11:15-11:50A	Jun 12	RSC	\$46/\$52
32240	SA	8:45-9:25A	Jul 7	RSC	\$46/\$52
32239	W/M	11:15-11:50A	Jul 18	RSC	\$46/\$52
32241	TH/TU	11:15-11:50A	Jul 19	RSC	\$46/\$52
32258	W-TU	9:00-9:35A	May 30	AC	\$43/\$49
32259	W-TU	10:30-11:05A	May 30	AC	\$43/\$49
32260	M-TH	9:00-9:35A	Jun 18	AC	\$43/\$49
32261	M-TH	10:30-11:05A	Jun 18	AC	\$43/\$49
32245	M-TH	9:00-9:35A	Jul 9	AC	\$43/\$49
32246	M-TH	10:30-11:05A	Jul 9	AC	\$43/\$49
32247	W-TU	9:00-9:35A	Jul 25	AC	\$43/\$49
32248	W-TU	10:30-11:05A	Jul 25	AC	\$43/\$49

#### Evening Classes

31328	TU/TH	5:30-6:05P	Apr 10	RSC	\$46/\$52
32244	W/M	6:15-6:50P	May 9	RSC	\$46/\$52
32249	TH/TU	5:30-6:05P	May 10	RSC	\$46/\$52
32250	TU/TH	5:15-5:50P	Jun 12	RSC	\$46/\$52
32242	TU/TH	7:30-8:05P	Jun 12	RSC	\$46/\$52
32251	TH/TU	5:30-6:05P	Jul 19	RSC	\$46/\$52
32243	TH/TU	7:30-8:05P	Jul 19	RSC	\$46/\$52
32255	W-TU	6:15-6:50P	May 30	AC	\$43/\$49
32262	M-TH	6:15-6:50P	Jun 18	AC	\$43/\$49
32256	M-TH	6:15-6:50P	Jul 9	AC	\$43/\$49
32257	W-TU	6:15-6:50P	Jul 25	AC	\$43/\$49

If the pool must be closed during classtime, instruction will continue with dry land training. No make-up dates will be given if class is more than half-way completed when the pool closes.

Regarding swimming lessons and aqua aerobics: only ONE weather-related cancellation will be rescheduled. Additional cancellations during the session will NOT be rescheduled or refunded.

## Level Five

### Adventurer • Ages 7+

#### Prerequisite Skills

- Pass Level Four: Sailor skills
- Swim 50 yards using front and back crawl
- Swim 25 yards using elementary backstroke
- Perform breaststroke for 10 yards
- Perform sidestroke

#### Skills Taught

- Swim 50 yards using frontstroke and backstroke
- Tread water
- Perform stride jump
- Perform butterfly stroke
- Demonstrate proficiency at all aquatic skills

#### Morning Classes

32270	SA	9:35-10:15A	May 12	RSC	\$46/\$52
32272	M/W	11:15-11:50A	Jun 11	RSC	\$46/\$52
32271	TU/TH	11:15-11:50A	Jun 12	RSC	\$46/\$52
32273	SA	9:35-10:15A	Jul 7	RSC	\$46/\$52
32275	W/M	11:15-11:50A	Jul 18	RSC	\$46/\$52
32274	TH/TU	11:15-11:50A	Jul 19	RSC	\$46/\$52
32289	W-TU	10:30-11:05A	May 30	AC	\$43/\$49
32290	W-TU	11:15-11:50A	May 30	AC	\$43/\$49
32291	M-TH	10:30-11:05A	Jun 18	AC	\$43/\$49
32292	M-TH	11:15-11:50A	Jun 18	AC	\$43/\$49
32276	M-TH	10:30-11:05A	Jul 9	AC	\$43/\$49
32277	M-TH	11:15-11:50A	Jul 9	AC	\$43/\$49
32278	W-TU	10:30-11:05A	Jul 25	AC	\$43/\$49
32279	W-TU	11:15-11:50A	Jul 25	AC	\$43/\$49

#### Evening Classes

31359	TU/TH	4:45-5:20P	Apr 10	RSC	\$46/\$52
32280	TH/TU	4:45-5:20P	May 10	RSC	\$46/\$52
32281	TU/TH	4:30-5:05P	Jun 12	RSC	\$46/\$52
32283	TU/TH	7:30-8:05P	Jun 12	RSC	\$46/\$52
32282	TH/TU	4:45-5:20P	Jul 19	RSC	\$46/\$52
32284	TH/TU	7:30-8:05P	Jul 19	RSC	\$46/\$52
32286	W-TU	7:00-7:35P	May 30	AC	\$43/\$49
32293	M-TH	7:00-7:35P	Jun 18	AC	\$43/\$49
32287	M-TH	7:00-7:35P	Jul 9	AC	\$43/\$49
32288	W-TU	7:00-7:35P	Jul 25	AC	\$43/\$49

#### Extra RSC Pool Hours

April 2, 4, 6, 9                      12-8 p.m.  
April 3, 5                                12-4 p.m.

## Level Six

### Barracuda • Ages 7+

#### Prerequisite Skills

- Pass Level Five: Adventurer skills
- Swim 100 yards using front and back crawl
- Swim 50 yards using elementary backstroke
- Perform breaststroke for 50 yards

#### Skills Taught

- Swim 100 yards using front/back crawl and breaststroke
- Swim 50 yards using butterfly stroke
- Perform all turns at the wall
- Demonstrate proficiency at all aquatic skills

#### Morning Classes

32308	SA	10:25-11:05A	May 12	RSC	\$46/\$52
32297	M/W	11:15-11:50A	Jun 11	RSC	\$46/\$52
32296	TU/TH	11:15-11:50A	Jun 12	RSC	\$46/\$52
32295	SA	10:25-11:05A	Jul 7	RSC	\$46/\$52
32301	W/M	11:15-11:50A	Jul 18	RSC	\$46/\$52
32300	TH/TU	11:15-11:50A	Jul 19	RSC	\$46/\$52
32312	W-TU	9:45-10:20A	May 30	AC	\$43/\$49
32313	M-TH	9:45-10:20A	Jun 18	AC	\$43/\$49
32314	M-TH	9:45-10:20A	Jul 9	AC	\$43/\$49
32315	W-TU	9:45-10:20A	Jul 25	AC	\$43/\$49

#### Evening Classes

31378	TU/TH	5:30-6:05P	Apr 10	RSC	\$46/\$52
32302	TH/TU	5:30-6:05P	May 10	RSC	\$46/\$52
32303	TU/TH	5:15-5:50P	Jun 12	RSC	\$46/\$52
32304	TH/TU	5:30-6:05P	Jul 19	RSC	\$46/\$52
32307	W-TU	6:15-6:50P	May 30	AC	\$43/\$49
32309	M-TH	6:15-6:50P	Jun 18	AC	\$43/\$49
32310	M-TH	6:15-6:50P	Jul 9	AC	\$43/\$49
32311	W-TU	6:15-6:50P	Jul 25	AC	\$43/\$49

### Fear of Water • Ages 3–6

This water-adjustment class is for children who may never have taken swimming lessons and are frightened of the water. Parents should be prepared to help in the water during the first four classes if children need extra assistance. Students will gain confidence and independence as they master introductory skills and learn safe practices.

#### Morning Classes

32316	SA	11:15-11:55A	May 12	RSC	\$57/\$64
32318	M/W	9:00-9:35A	Jun 11	RSC	\$57/\$64
32317	TU/TH	9:00-9:35A	Jun 12	RSC	\$57/\$64
32319	SA	11:15-11:55A	Jul 7	RSC	\$57/\$64
32321	W/M	9:00-9:35A	Jul 18	RSC	\$57/\$64
32320	TH/TU	9:00-9:35A	Jul 19	RSC	\$57/\$64

#### Evening Classes

32322	TH/TU	6:15-6:50P	May 10	RSC	\$57/\$64
32323	TU/TH	6:00-6:35P	Jun 12	RSC	\$57/\$64
32324	TH/TU	6:15-6:50P	Jul 19	RSC	\$57/\$64

### Private Swimming Lessons

Need more individual instruction than our group lessons allow? To register, fill out a PRIVATE LESSON REQUEST CARD. Every effort will be made to meet your time and date request. However, please keep in mind that our ability to accommodate your request is not guaranteed. We reserve the right to charge a \$5.00 fee for all no-shows.

#### Customized Private Swimming Lessons

Customized lessons are designed to fit any schedule or learning ability while providing that extra individual attention.

Three 30-minute classes RSC \$48/\$54

#### Scheduled Private/Semi-Private Swimming Lessons

To provide a more structured class, a limited number of private and semi-private lessons are available. No online registration is available; register by calling or by coming to the RSC.

Lessons can only be scheduled during the following times:

31437	TU	4:30-5:00P	Apr 10	RSC	\$48/\$54
31438	TU	5:15-5:45P	Apr 10	RSC	\$48/\$54
31439	TU	6:00-6:30P	Apr 10	RSC	\$48/\$54
31440	TU	6:45-7:15P	Apr 10	RSC	\$48/\$54
31441	TH	4:30-5:00P	Apr 12	RSC	\$48/\$54
31442	TH	5:15-5:45P	Apr 12	RSC	\$48/\$54
31443	TH	6:00-6:30P	Apr 12	RSC	\$48/\$54
31444	TH	6:45-7:15P	Apr 12	RSC	\$48/\$54
32576	TH	4:30-5:00P	May 10	RSC	\$48/\$54
32577	TH	5:15-5:45P	May 10	RSC	\$48/\$54
32578	TH	6:00-6:30P	May 10	RSC	\$48/\$54
32579	TH	6:45-7:15P	May 10	RSC	\$48/\$54
32580	TU	4:30-5:00P	May 15	RSC	\$48/\$54
32581	TU	5:15-5:45P	May 15	RSC	\$48/\$54
32582	TU	6:00-6:30P	May 15	RSC	\$48/\$54
32583	TU	6:45-7:15P	May 15	RSC	\$48/\$54
32584	TU	4:30-5:00P	Jun 12	RSC	\$48/\$54
32585	TU	5:15-5:45P	Jun 12	RSC	\$48/\$54
32586	TU	6:00-6:30P	Jun 12	RSC	\$48/\$54
32587	TU	6:45-7:15P	Jun 12	RSC	\$48/\$54
32588	TH	4:30-5:00P	Jun 14	RSC	\$48/\$54
32589	TH	5:15-5:45P	Jun 14	RSC	\$48/\$54
32590	TH	6:00-6:30P	Jun 14	RSC	\$48/\$54
32591	TH	6:45-7:15P	Jun 14	RSC	\$48/\$54
32592	TH	4:30-5:00P	Jul 19	RSC	\$48/\$54
32593	TH	5:15-5:45P	Jul 19	RSC	\$48/\$54
32594	TH	6:00-6:30P	Jul 19	RSC	\$48/\$54
32595	TH	6:45-7:15P	Jul 19	RSC	\$48/\$54
32596	TU	4:30-5:00P	Jul 24	RSC	\$48/\$54
32597	TU	5:15-5:45P	Jul 24	RSC	\$48/\$54
32598	TU	6:00-6:30P	Jul 24	RSC	\$48/\$54
32599	TU	6:45-7:15P	Jul 24	RSC	\$48/\$54
32608	F	8:30-9:00A	Jun 8	AC	\$48/\$54
32610	F	9:15-9:45A	Jun 8	AC	\$48/\$54
32609	F	8:30-9:00A	Jul 13	AC	\$48/\$54
32611	F	9:15-9:45A	Jul 13	AC	\$48/\$54

## Customized Semi-Private Swimming Lessons

### Maximum of two participants

If you want to learn to swim with a friend or family member, our semi-private lessons are just the thing. Participants must be at approximately the same skill level. Class meets for three 30-minute sessions. Lessons are booked at the availability of the instructor. No refunds will be issued for participants who miss a lesson with less than 48 hours notice or without a doctor's note. We reserve the right to charge a \$5.00 fee for all no-shows.

Three 30-minute classes RSC \$68/\$76

## Springboard Diving • Ages 5+

Beginning and intermediate-level divers, learn the art of springboard diving from a professional, dynamic, enthusiastic, easy-going coach! Lessons in this six-week program focus on safety and progressively mastering the skills needed for one-meter springboard diving. (*Maximum enrollment is 12.*) Divers must be able to swim one pool length to participate in this class.

32712 SA 8:00-9:00A Jun 16 AC \$63/\$68  
32713 SA 9:00-10:00A Jun 16 AC \$63/\$68

## Swim-Stroke Analysis • Ages 6–12

Swimmers, get the most out of your performance on the swim team with these two-week swim-stroke clinics that will help you analyze and practice the mechanics of a particular stroke during each session. Prerequisite: You must be able to swim 25 yards using the stroke you sign up for, with the exception of flip turns. Parents of swimmers ages 6–8 MUST attend and may sit by the pool. There will be no make-ups for missed classes. (*Minimum enrollment is three; maximum is 10.*)

### Front Crawl

31456 M/W 6:15-7:00P Apr 30 RSC \$35/\$40

### Flip Turns

31455 M/W 6:15-7:00P Apr 9 RSC \$35/\$40  
32765 SA 9:00-10:00A Jun 16 AC \$15/\$18

## RSC Mileage Swim Club

Earn rewards for the miles that you swim from January 1–December 31! Keep track of your mileage on cards provided in the lifeguard office, and win a certificate and a prize for each milestone you reach. We'll post the mileage weekly to share the progress. Join the RSC Mileage Swim Club at any time of the year. Be the swimmer with the most miles at the end of the year and win the grand prize!

## Off the Blocks **NEW!**

Improve your race and relay starts from the starting blocks.

32762 SA 9:00-10:00A Jun 9 AC \$15/\$18  
32780 SA 9:00-10:00A Jul 14 AC \$15/\$18

## Torpedoes Swim Team

Registration for previous members opens April 6

New-member registration for residents opens April 20

New-member registration for non-residents opens April 23

**\$88 Residents**

**\$97 Non-residents**

Kids, enjoy the thrill of competition in a relaxed environment as part of the O'Fallon Torpedoes Swim Team at Alligator's Creek Aquatic Center! The 2012 season will run from May 29 through July 21, and all parents are required to participate at swim meets. To qualify for the team, swimmers must be able to swim the length of the pool. The Torpedoes team competes in the St. Charles County Summer Swim Team League, and hosts several home meets throughout the season. Meets are usually held on Monday evenings and Saturday mornings. For details, please visit [www.ofallon.mo.us/ParksandRec/torpedoes](http://www.ofallon.mo.us/ParksandRec/torpedoes).

37716 M-TU-W-TH 8:45-9:15A 6 and under  
May 29 M-TU-W-TH 8:00-8:45A 7-10 years  
M-TU-W-TH 7:00-8:00A 11 and over  
M-TU-W-TH 7:05-7:35P 6 and under  
M-TU-W-TH 7:35-8:20P 7-10 years  
M-TU-W-TH 8:20-9:20P 11 and over

32715 Swim Team Deposit \$50 (one-time annual fee per family)

32717 Torpedoes Team T-shirt (\$7 per shirt)

## Junior Lifeguard Program • Ages 13–16

Teens, do you enjoy being at the pool? If so, our six-week Junior Lifeguard program can prepare you to become a lifeguard. Class meets for one hour twice a week. At the end of the program, you'll be able to assist lifeguard staff in first aid, rule enforcement and swimming lessons. Students who attend all 12 classes and who are at least 16 will be eligible for certification as a lifeguard at a reduced cost. Eligibility is valid for one year. To maintain a safe environment, student-teacher ratios are approximately 16:1. Students must wear a swimming suit appropriate for physical activity.

### Prerequisite Skills

- Swim 50 yards using front crawl
- Tread water for two minutes
- Able to follow instructions
- No fear of water

### Skills Taught

- Adult, child and infant CPR
- Water rescue and basic first aid
- Breaststroke
- Leadership and team building

32684 TU/TH 12:30-2:30P Jun 5 AC \$90/\$100