

Schedule of Events

Thursday, October 23, 2008 ~ Technique Clinics

- 5:30-6:30pm Freestyle 3/4, Breaststroke, and Kicking 101
6:45-7:45pm Backstroke 3/4 and Freestyle 5/6

Saturday, November 1, 2008 ~ Technique Clinics

- 8:15-9:15am Starts & Turns, Freestyle 5/6, and Butterfly
9:30-10:30am Individual Medley (IM), Backstroke 5/6, and Speed it Up
10:45-11:45am Kicking 201, Breaststroke, and Building Your Endurance

Sunday, November 9, 2008 ~ Technique Clinics

- 1:30-2:30pm Backstroke 3/4, Breaststroke, Kicking 101, and Starts & Turns
2:45-3:45pm Freestyle 3/4, Backstroke 5/6, Individual Medley (IM), and Kicking 201
4:00-5:00pm Butterfly, Starts & Turns, Speed it Up, and Basic Water Safety

Mondays, December 1, 8, & 15 ~ Developmental Workshops

- 5:15-5:45pm Parent & Tot, Preschool 2 Development, and Learning to Swim Independently
5:45-6:15pm Preschool 2 Development, Preschool 3 Development, Preschool 4/5 Development, and Level 3½
6:15-6:45pm Learning to Swim Independently, Level 3½, and Level 4½

Tuesdays, December 2, 9, & 16 ~ Developmental Workshops

- 10:30-11:00am Parent & Tot
11:00-11:30am Preschool 2 Development
11:30-12:00pm Preschool 3 Development

Tuesdays & Thursdays, December 2, 4, 9, 11, 16, & 18

- 5:30-6:30pm Novice Stroke Technique Clinic
6:30-7:30pm Intermediate & Senior Stroke Technique Clinic

Wednesdays, December 3, 10, & 17 ~ Developmental Workshops

- 5:15-5:45pm Parent & Tot and Preschool 2 Development
5:45-6:15pm Learning to Swim Independently
6:15-6:45pm Level 3½ and Level 4½

Fridays, December 5, 12, & 19 ~ Developmental Workshops

- 10:30-11:00am Preschool 3 Development and Preschool 4/5 Development
11:00-11:30am Learning to Swim Independently
11:30-12:00pm Parent & Tot and Preschool 2 Development

Thursday, December 11, 2008 ~ Technique Clinics

- 4:30-5:30pm Basic Water Safety and Kicking 201
5:45-6:45pm Freestyle 3/4 and Kicking 101
7:00-8:00pm Backstroke 3/4, Breaststroke, and Butterfly

Youth Technique Clinics and “Learn to Swim” Developmental Workshops

Aurora Wellness Center is excited to launch Youth Technique Clinics and “Learn to Swim” Developmental Workshops this fall! Now even our younger swimmers can benefit from specialized drills, exercises, and coaching for each stroke.

Each of our American Red Cross certified water safety instructors is eager to impart their expert knowledge to our young swimmers. Our entire instructor team is composed of past and present competitive swimmers (club, high school, and collegiate levels), coaches, “Learn to Swim” instructors, and triathletes. It is our goal to provide you with an energetic, highly motivating, and safe environment in which your child can “Learn to Swim”.



Novice, Intermediate, and Senior Stroke Technique Clinics begin registration at the AWC service desk Monday, October 6 at 9am. Youth Technique Clinics and “Learn to Swim” Developmental Workshops begin registration at the AWC service desk Wednesday, October 15 at 9am.

 Aurora Wellness Center®

Youth Technique Clinics

Youth Technique Clinics will not exceed a 4 to 1 student/instructor ratio. Each clinic is 60 minutes in length. A variety of days and times are offered. Member and Non-Member fee is \$20 per clinic. Registration begins Wednesday, October 15, 9am at the AWC service desk.



Basic Water Safety

Preschool and Levels 1/2 - Swimming and fun with emphasis on basic water safety in pools and/or open water.

Freestyle

Club Swimmers and Levels 3/4/5/6 - Improve technique and efficiency; emphasis will be placed on proper body position, kick, and rotary breathing.

Backstroke

Club Swimmers and Levels 3/4/5/6 - Improve your backstroke skills in the following areas: body position, hip rotation, high elbow, kick, and turnover.

Breaststroke

Club Swimmers and Levels 4/5/6 - Develop correct body positioning, high elbow placement, proper kick, and timing of the stroke.



Butterfly

Club Swimmers and Levels 4/5/6 - Learn the basic fundamentals of the butterfly stroke; emphasis will be placed on learning correct form.

Building Your Endurance

Novice Club Swimmers and Levels 3/4 - Develop the understanding of aerobic stamina in preparation for the additional workload requirements of intermediate swimming.

Kicking 101

Levels 2/3 - Improve your "flutter" kicking techniques to advance your freestyle and backstroke.

Kicking 201

Novice & Intermediate Club Swimmers and Levels 3/4/5 - Improve and strengthen your kicking form in each of the four competitive strokes: butterfly, backstroke, breaststroke, and freestyle.

Starts & Turns

Club Swimmers and Levels 4/5/6 - Build your confidence and improve your diving and turns in each of the four competitive strokes.



Individual Medley (IM)

Club Swimmers - Focus will be on enhancement of the butterfly, backstroke, breaststroke, and freestyle. Demonstration of the transition between each stroke will be provided.

Speed it Up ~ Freestyle & Backstroke

Club Swimmers - You've mastered your free and back; now speed it up and take your skills to the next level!

Stroke Technique Clinics

Novice, Intermediate, & Senior Stroke Technique Clinics will not exceed an 8 to 1 student/instructor ratio. Each clinic consists of six, 60-minute classes offered twice per week over three consecutive weeks. Member & Non-Member fee is \$48 per clinic (six, 60-minute classes). Registration begins Monday, October 6, 9am at the AWC service desk.

Stroke Technique Clinics Cont.

Novice Stroke Technique Clinic

Novice Club Swimmers and Levels 3/4 - There's no better way to prepare for winter swim club than with this specially designed clinic for beginning competitive swimmers. Your child will receive detailed instruction on beginning competitive swimming techniques, such as starts, turns, diving, and much more.

Intermediate & Senior Stroke Technique Clinic

Intermediate & Senior Club Swimmers and Levels 5/6 - Designed as a supplement to Swim Club, this clinic is perfect for the competitive intermediate or senior swimmer. Your child will receive detailed instruction on starts, turns, stroke technique, and more.

"Learn to Swim" Developmental Workshops



"Learn to Swim" Developmental workshops will not exceed a 4 to 1 student/instructor ratio. Each workshop consists of three, 30-minute classes offered once per week over three consecutive weeks. A variety of days and times are offered. Member and Non-Member fee is \$24 per workshop (three, 30-minute classes). Registration begins Wednesday, October 15, 9am at the AWC service desk.

Parent & Tot

Ages 6 months to 36 months - Parent & Tot classes require the parent to be with their child in the pool. No more than six children will be accepted into each Parent & Tot class. Classes are held in the warm water pool. Instructor familiarizes you and your child with basic water skills through songs and games.

Learning to Swim Independently

Ages 3/4/5 - Let your new swimmer begin to learn their skills without the presence of a parent; made possible in a safe environment with a variety of fun activities and games. Two instructors will be available for each workshop.

Preschool 2 Development

Ages 3/4/5 - Emphasis remains on fun; beginner stroke techniques, individual swimming skills, and underwater exploration are also taught. Previous lesson experience is not required.



Preschool 3 Development

Ages 3/4/5 - Independent swimming and beginner stroke techniques are emphasized. Entrance requires successful completion of Preschool 2.

Preschool 4/5 Development

Ages 3/4/5 - Refinement of the front and back crawl as well as endurance work will be emphasized. Children mainly work independently through all skills in this advanced preschool class. Entrance requires successful completion of Preschool 3 or 4.

Level 3½

Designed for the current Level 3 swimmer who is close to completing the skills needed to move on to Level 4. Emphasis will be placed on refining the front and back crawl and advanced body control skills.

Level 4½

Designed for the current Level 4 swimmer who is close to completing the skills needed to move on to Level 5. Emphasis will be placed on stroke improvement of the butterfly, breaststroke, and elementary backstroke.

Please see back cover for the Schedule of Events...