Spring into Action

Let’s prepare for an active summer at the Aurora Wellness Center!

Our Aquatic Programs provide opportunities for children age 6 months to adult. Whether it’s swim lessons for parent & tot, youth or adults; Gym & Swim, Swim Club, adult technique or American Red Cross aquatic certification courses, Aurora Wellness Center offers something for everyone.
Private Swim Lessons

Private lessons are available for any age and ability. Our instructors are trained to teach you no matter what your goals, from introductory swimming skills to refinement of advanced strokes. All private lessons are 30 minutes in length and can be scheduled at your convenience year round. Private (1 swimmer), Private +1 (2 swimmers of similar abilities and goals), and Private +2 (3 swimmers of similar abilities and goals) are available.

Private Lesson - one swimmer
All lessons are 30 minutes in length.

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Private +1 Lesson - two swimmers
Price is per person; swimmers of similar abilities and goals. All lessons are 30-minutes in length.

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Private +2 Lesson - three swimmers
Price is per person; swimmers of similar abilities and goals. All lessons are 30-minutes in length.

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Lifeguard Training & Community First Aid (Waterfront or Waterpark Inclusive)

Course includes lifeguard skills for pool and open water, as well as CPR/AED for Lifeguards. Participants must be at least 15-years old at the completion of the course. A 300-yard continuous swim pre-test is given during the first class. The swim consists of front crawl and/or breaststroke, 2-minute tread using legs only, retrieve a 10lb weight from 7ft deep, surface and swim 20 years with weight and exit the pool.

Prerequisites: Complete on-line portion of class by start date. Fee: $250

Option 1:
- Friday, March 8 4:00pm-8:00pm
- Saturday, March 9 9:00am-3:00pm
- Sunday, March 10 9:00am-3:00pm
- Monday, March 11 4:00pm-9:00pm

Option 2:
- Friday, May 10 4:00pm-8:00pm
- Saturday, May 11 9:00am-3:00pm
- Sunday, May 12 9:00am-3:00pm
- Monday, May 13 4:00pm-9:00pm

Attendance is mandatory for all dates. No refunds, no cancellations. Payment is due upon registration; please register no later than 3 days prior to class. Additional fee of $45 if you require both Waterpark and Waterfront certifications.
Helping swimmers of all ages and levels

Aurora Wellness Center is pleased to offer a complete aquatics training program that addresses the needs of swimmers of all ages and levels—from beginner to advanced. Aurora Wellness Center aquatic department follows the American Red Cross format for our Learn-to-Swim youth programs. Our instructors maintain current certifications in Water Safety Instruction, CPR/AED for the Professional Rescuer, and Standard First Aid. It is our goal to provide you with an energetic, highly motivating and safe environment in which your child can Learn-to-Swim.

### Spring Learn-to-Swim Session
April 8 - May 11, 2024

### Spring Swim Club
April 9 - May 16, 2024

### Registration
- Members
  - Monday, March 18
  - 10am
- Members & Non-members
  - Tuesday, March 19
  - 10am

### Summer I Learn-to-Swim Session
May 20 - June 17, 2024

### Summer II Learn-to-Swim Session
July 8 - August 10, 2024

### Summer Swim Club
June 10 - Aug 15, 2024
(No club July 1-4)

### Registration for Summer I & Swim Club
- Members
  - Monday, April 29
  - 10am
- Members & Non-members
  - Tuesday, April 30
  - 10am

### NEW - Adult Swim

**AB** Adult Beginner

If you’ve never learned to swim, let our certified instructors help. Learn basic swimming strokes and skills needed to become water competent, which is a combination of knowing water safety, having swimming skills and knowing how to help others in a water emergency. It’s not too late to “Learn-to-Swim”. $55/$70

**AF** Adult Fitness & Stroke Technique

You will be guided through a variety of drills to improve your technique, speed and endurance. Learn how to develop your own workouts and have our coach help with your individual needs. This is a great class for all competitive swimmers and triathletes. $65/$80
Parent & Tot Learn-to-Swim

Parent & Tot classes require the parent to be with their child in the pool. A minimum of 3 students and maximum of 8 students are accepted in each class. Classes are 30 minutes in length and held in the warm-water pool.

PT Parent & Tot (6 months to 3 years)

Emphasis is placed on introducing your child to water using a variety of fun activities including songs and games. This class will prepare your child for further swimming instruction with the introduction of basic water skills. $45/$60

Preschool Learn-to-Swim

The Preschool program is designed to adequately prepare your 3 - 5 year old child for the youth program. Preschool class participants are not accompanied by their parent in the water. Parents will observe from the Pool Observation Deck on the upper level. A minimum of 3 students and maximum of 5 students are accepted in each class. The Transition to Preschool, Preschool 1 and 2 classes are 30 minutes in length.

TP Transition to Preschool

Designed for 2 1/2 - 3 1/2 year old swimmers ready to experience their first class without the presence of a parent. Sessions will begin in our warm-water pool, transitioning to the competition pool. Skills will be the same as Preschool 1 focusing on water adjustment. Maximum of 4 students. $45/$60

P1 Preschool 1

Basic water skills such as water entry and exit, kicking and floating will be the main emphasis along with a focus on pool safety rules. The main objective of this class is swimming instruction without the presence of a parent made possible with a variety of fun activities and games. This is the perfect class for those experiencing fear in the water or with no previous lesson experience. $45/$60

P2 Preschool 2

Emphasis remains on fun; beginner stroke techniques, individual swimming skills and underwater exploration are also taught. Previous lesson experience is not required providing the student experiences no fear in the water or away from mom and dad. $45/$60

GS Gym & Swim

Gym & Swim allows children to participate in a variety of gym activities as well as the American Red Cross Learn-to-Swim program. Preschoolers need LOTS of physical activity; our staff facilitate maximum fun and ongoing skill development through movement, learning and laughter. Your child progresses at their own pace, having fun and building confidence as they make new friends and develop new skills. Each class includes 30 minutes of organized gym time with child and parent followed by their appropriate level of Learn-to-Swim program. Available options: Parent & Tot, Transition to Preschool, & Preschool 1/2 $85/$100
Youth Level Programs

The six-level Learn-to-Swim program for children age 5 and older allows students to progress at their own pace, mastering the skills in one level before advancing to the next. Each level includes training in basic water safety and helping others in an emergency in addition to stroke development. A minimum of 3 students and maximum of 6 students are accepted in each class. Parents will observe class from the Pool Observation Deck on the upper level. Youth classes are 45 minutes in length.

**L1 Level 1: Introduction to Water Skills**
The objective of this class is for your child to feel more comfortable in the water and enjoy the water safely. Elementary aquatic skills, which students will build on as they progress through the six levels, will be emphasized. $55/$70

**L2 Level 2: Fundamental Aquatic Skills**
Designed to provide students success with fundamental skills. Children learn to perform a variety of skills without support; focus is placed on developing the front and back crawl. $55/$70

**L3 Level 3: Stroke Development**
Introduction to elements of the butterfly, coordination work of the front and back crawl, advanced body control skills and fundamentals of treading water. $55/$70

**L4 Level 4: Stroke Improvement**
Develops confidence in strokes learned and improves additional aquatic skills. Students increase their endurance through swimming front and back crawl for greater distances. Students continue to build on the butterfly, and introduction of the elementary backstroke, breaststroke and elements of the sidestroke will be taught. $55/$70

**L5 Level 5: Stroke Refinement**
Provides further coordination and refinement of strokes. Students refine their performance of all strokes (front crawl, back crawl, butterfly, breaststroke, elementary backstroke and sidestroke) and increase their distances. Flip turns on the front and back are also introduced. $55/$70

**L6 Level 6: Swimming and Skill Proficiency**
Class objective is to refine strokes so students can swim with ease, efficiency, power and smoothness over greater distances. $55/$70

**Swim Club**

**Pre-Team**
This class is for the future competitive swimmer. The class will include work on proper competitive strokes, endurance and technique, as well as competitive starts and flip turns. Course prerequisites include passing Level 3 which includes the ability to swim (1 length) freestyle and backstroke in good form. Students also need to be comfortable having the instructor out of the water at times. Participants will have a small swim meet at the end of the session to become familiar with competitive meets. Min:4 Max:10

April 10 - May 15 Wed, 6:15-7:15pm $65/$80

**Novice Swim Club**
Entry requires the ability to swim 50 yards (2 lengths) freestyle and backstroke in good form and basic knowledge of breaststroke and butterfly. Successful completion of American Red Cross Level 4 or Pre-Team is also required. Min: 6 Max: 24

April 9 - May 16 Tue & Thurs, 5:30-6:30pm $100/$115

**Intermediate/Senior Swim Club**
Entry requires the ability to swim 500 yards (20 lengths) without rest. Competency in freestyle, breaststroke, backstroke and butterfly is also required. Min: 8 Max: 34

April 9 – May 16 Tue & Thurs, 6:30-8:00pm $120/$135
### Spring Session
**April 8—May 11, 2024**

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**Registration**
- **Members**
  - Monday, March 18, 10am
- **Members & Non-members**
  - Tuesday, March 19, 10am

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### Learn-to-Swim
**Spring Schedule**

- Gym
- Pool
- AF
- L3
- L2
- L1
- PT
- TP
- GS
- L5
- AB
- P1/2
Learn-to-Swim & Swim Club Registration Form

AWC Member Name ___________________________ AWC Card Number ___________________________

To receive member rate, your current AWC membership card must be presented at time of registration.

Participant’s Name ___________________________ Birth Date ______/_____/______ Age ______

Last Level Successfully Completed ___________________________ Where? Aurora Wellness Center _____ Other _____

Parent/Guardian: ________________________________________________________________

Address __________________________________________________________________________
City, ST, Zip ________________________________________________________________

Preferred form of contact Email ______ Phone ______ Email Address ______________________________________________________

Daytime Phone __________________________________________________________ Evening Phone ______________________________________

Emergency Contact ___________________________________________ Phone ______________________

Please list any health concerns ______________________________________________________

Spring Registration
Members
Monday, March 18
10am

Members & Non-members
Tuesday, March 19
10am

Adult Swim Classes
April 9—May 11
❑ Tuesday ✓ Saturday

Class Title
❑ Adult Beginner
❑ Adult Advanced Technique

Spring Learn-to-Swim
April 8—May 11, 2024

Class Day
❑ Monday ❑ Tuesday ❑ Wednesday ❑ Saturday

Class Time
________ AM ❑ PM

Class Title
❑ Parent & Tot ❑ Level 1
❑ Trans to Preschool ❑ Level 2
❑ Preschool 1 ❑ Level 3
❑ Preschool 2 ❑ Level 4
❑ Gym & Swim: Transition ❑ Level 5
❑ Gym & Swim: Preschool 1/2 ❑ Level 6
❑ Gym & Swim: Preschool 3

Swim Club
April 9—May 16, 2024

Class Title
❑ Pre-Team Wed, 6:15-7:15pm
❑ Novice Tues/Thurs, 5:30-6:30pm
❑ Intermediate Tues/Thurs, 6:30-8:00pm
❑ Senior Tues/Thurs, 6:30-8:00pm

Refunds and/or make-up classes will not be offered.
Credit will be issued only on a pro-rate basis if participation ceases due to medical reasons.

Liability Waiver

I, the undersigned parent/guardian of ____________________________________________, do hereby acknowledge that I am aware that my child’s participation in the swimming program at Aurora Wellness Center involves certain risks including, but not limited to death, serious neck and spinal injuries resulting in complete or partial paralysis, heart attacks, and injury to bones, joints and muscles. My child is voluntarily participating in the Aurora Wellness Center swimming program with knowledge of the dangers involved and I hereby agree to accept any and all inherent risks of and assume full responsibility for any loss of personal property, property damage, personal injury, or death. I hereby voluntarily waive any and all claims resulting from negligence, both present and future, that may be made by me, my child and other members of my family, or my estate, heirs or assignees.

I also agree to indemnify and hold harmless the Released Parties, [Aurora Wellness Center owners and affiliates, employees, instructors and agents] from any and all liability or claims made by other parties as a result of my child’s actions or in anyway relating to use of the Aurora Wellness Center facilities and equipment and engaging in any Aurora Wellness Center activity. I have read this form and fully understand that by signing this form, I am giving up certain legal rights and/or remedies.

I also agree to grant permission to any and all of the foregoing to use any photographs, videotapes, recordings, or any other record of this event for publicity and/or promotional purposes _______ (initial)

Parent Name (Please Print) ___________________________ Parent Signature ___________________________ Date ______

Session/Class Purchased ___________________________ Amount Paid ____________ Date Paid ____________ Staff Initials ______

Spring Registration

Members
Monday, March 18
10am

Members & Non-members
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Adult Swim Classes
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Spring Learn-to-Swim
April 8—May 11, 2024

Class Day
❑ Monday ❑ Tuesday ❑ Wednesday ❑ Saturday

Class Time
________ AM ❑ PM

Class Title
❑ Parent & Tot ❑ Level 1
❑ Trans to Preschool ❑ Level 2
❑ Preschool 1 ❑ Level 3
❑ Preschool 2 ❑ Level 4
❑ Gym & Swim: Transition ❑ Level 5
❑ Gym & Swim: Preschool 1/2 ❑ Level 6
❑ Gym & Swim: Preschool 3

Swim Club
April 9—May 16, 2024

Class Title
❑ Pre-Team Wed, 6:15-7:15pm
❑ Novice Tues/Thurs, 5:30-6:30pm
❑ Intermediate Tues/Thurs, 6:30-8:00pm
❑ Senior Tues/Thurs, 6:30-8:00pm

Refunds and/or make-up classes will not be offered.
Credit will be issued only on a pro-rate basis if participation ceases due to medical reasons.

Liability Waiver

I, the undersigned parent/guardian of ____________________________________________, do hereby acknowledge that I am aware that my child’s participation in the swimming program at Aurora Wellness Center involves certain risks including, but not limited to death, serious neck and spinal injuries resulting in complete or partial paralysis, heart attacks, and injury to bones, joints and muscles. My child is voluntarily participating in the Aurora Wellness Center swimming program with knowledge of the dangers involved and I hereby agree to accept any and all inherent risks of and assume full responsibility for any loss of personal property, property damage, personal injury, or death. I hereby voluntarily waive any and all claims resulting from negligence, both present and future, that may be made by me, my child and other members of my family, or my estate, heirs or assignees.

I also agree to indemnify and hold harmless the Released Parties, [Aurora Wellness Center owners and affiliates, employees, instructors and agents] from any and all liability or claims made by other parties as a result of my child’s actions or in anyway relating to use of the Aurora Wellness Center facilities and equipment and engaging in any Aurora Wellness Center activity. I have read this form and fully understand that by signing this form, I am giving up certain legal rights and/or remedies.

I also agree to grant permission to any and all of the foregoing to use any photographs, videotapes, recordings, or any other record of this event for publicity and/or promotional purposes _______ (initial)

Parent Name (Please Print) ___________________________ Parent Signature ___________________________ Date ______

Session/Class Purchased ___________________________ Amount Paid ____________ Date Paid ____________ Staff Initials ______
Aurora Wellness Center Policies

- Refunds and/or make-up classes will **not** be offered. Credit will be issued only on a pro-rated basis if participation ceases due to medical reasons. A physician’s note must be provided to the service desk within one week of discontinuing the program.
- **Participants must bring their own towels.**
- Participants of swim club and swim lessons must use the boys' and girls' competitive locker rooms. Locks are available at the service desk or you may use your own. Permanent locks are not permitted.
- **Participants must shower** before entering pool.
- Parents and children are permitted only in the aquatic area of the facility. **All parents are to observe classes/club in the Pool Observation Deck located on the main level.** Street shoes are not permitted on the pool deck.

How do I receive the member rate?

To receive member rate, you must be an AWC member at time of registration. Interested in finding out more about AWC membership and benefits? Stop by our membership services office and see what makes us unique.

Is there childcare available for non-members of the facility?

Yes...Kid Korner is available to non-members of the Wellness Center. Children between the ages of 6 months and 12 years are welcome to attend. Cost is $2.75 per hour, per child. Feel free to check out Kids Korner when you register for your program.

What if my child misses a class?

Refunds and/or make-up classes will **not** be offered. Credit will be issued only on a pro-rated basis if participation ceases due to medical reasons. A physician’s note must be provided to the service desk within one week of discontinuing the program. No refunds will be given due to pool temperature.

Where does my child change for their program?

Participants age 14 and under must use the boys' and girls' competitive locker rooms, or the family locker room. Children are not permitted in the member locker rooms. Children will need to shower before entering the pool for their lesson.

What can I do to help my child progress at a faster rate?

A child will not move to the next level until he/she has successfully demonstrated the skills required in their current level. Please remember that even though your child may not have advanced to the next level, instructors will individualize within each class, keeping all children challenged. **What can you do as a parent?** Don’t compare children; each child will progress at a pace that’s right for them. Always be understanding and encouraging. Your child can practice their skills at home, blowing bubbles during bath time or using “big arms” while watching television. Ask their instructor for additional skills they can work on at home.

Can I watch my child’s lesson?

Parents are invited to stay and watch their child’s lesson. Our observation deck is available to minimal spectators, social distancing requirements apply. Pool Deck will not be available to spectators. Parents and children are permitted only in the aquatic area of the facility.