

POOL POP UPS

"POOL POP UPS" IS ONE OF THE NEW PROGRAMS WE ARE OFFERING HERE AT THE AQUATIC AND FITNESS CENTER. THE POP UP CLINICS BEING OFFERED THIS SESSION ARE:

"Testing the Waters"

This type of pop up is to: check and see if swimming lessons is something you or your child are interested in, trying something new or simply finding something fun or new to do!

"Skill Refinement"

These programs are for individuals who have previous experience swimming:
Haven't swam in a while and need to get back into the swing of things? Just got out of a swim lesson and still need to practice a specific skill?

OUR POOL POP UP INSTRUCTORS ARE HERE TO PROVIDE YOU WITH THE SWIMMING OPPORTUNITY YOU MIGHT BE LOOKING FOR!

Registration opens online and at the AFC front desk 11/24/21

Price:

- AFC Members \$10
- Non Member \$14

Note: Price for Parent Child covers one adult and one child (6 Months-4 years old)

Pool Pop Ups will run:

- Sundays & Tuesdays the next few weeks.
- See the reverse side of this flyer for descriptions of the Four Pop Ups we will offer, age/other requirements and their specific dates & times!



Testing the Waters

Parent Child

Age: One Parent & One Child (6 Months-4 years old)

- This pop up will give parents tips on how to hold their children in the water, good skills to practice, games to play and so much more.
- As parents grow in comfort, they are able to begin and teach their children on how to be confident, while also staying safe in the water!

Code:	Date:	Time:
411037-A01	Sun. 11/7	9:00-9:45 am
411037-A02	Tues. 11/9	5:15-6:00 pm
411037-A03	Sun. 12/5	9:00-9:45 am

Bubble Explorers

Age: 5+

- This pop up will allow your swimmer to continue gaining comfort in the water, bubble belts will be available for those who cannot float on their own!
 - Those who are willing to try without bubbles will be allowed to do so.
- A heavy emphasis will be on gaining confidence in and around water; everything from putting your face in, to floats, glides and jumps will be explored!

Code:	Date:	Time:
411037-B01	Sun. 11/7	10:00-10:45 am
411037-B02	Tue. 11/9	6:15-7:00 pm
411037-B03	Sun. 12/5	10:00-10:45 am

Skill Refinement

Front & Back Critique

Age & Requirement: 7+ OR a Report Card that states you passed level 2

- This will start with a quick review on front and back floats, then quickly move into the refinement of swimming on our front and back.
- If your front and back crawl need work, this is the pop up for you!

Code:	Date:	Time:
411037-C01	Sun. 11/21	9:00-9:45 am
411037-C02	Tues. 11/23	5:15-6:00 pm
411037-C03	Tues. 12/7	5:15-6:00 pm

Swim Tips 101

Age & Requirement: 10+ or a Report Card that states you passed Learn to Swim Level 4

- Individuals who sign up for this pop up should know how to swim.
- Swimmer should be ready for a brief warm up, then plan to refine their **Starts, Kicks & Turns (Flip & Open)!**

Code:	Date:	Time:
411037-D01	Sun. 11/21	10:00-10:45 am
411037-D02	Tues. 11/23	6:15-7:00 pm
411037-D03	Tues. 12/7	6:15-7:00 pm