GROUP SWIMMING INSTRUCTION

November/December 2026

start date • end date • day • time
regular class fees: $69 (mem.) / $89 (prog. pass) per six-class session
(does not apply to swim clinics, lifeguard training, & other special classes)
lesson fees pro-rated for classes already in progress

Swim Center at Westminster School, LLC

Children 6 mos. to Age 3

Water Babies I/II*

	10/24	-	11/28	SAT	9:00
	10/27	-	12/1	TUE	5:45
	11/10	-	12/15	TUE	10:00
+	12/5	-	1/2	SAT	9:00
	12/8	-	1/12	TUE	5:45
	1/5	-	2/9	TUE	10:00

Water Babies II* *(ages 20 - 36 mo.)*

	10/24	-	11/28	SAT	10:15
+	12/5	-	1/2	SAT	10:15

Children Age 3 & 4

Pre-Beginner I*

	10/24	-	11/28	SAT	9:40
	10/24	-	11/28	SAT	11:00
	11/9	-	12/14	MON	5:45
	11/10	-	12/15	TUE	10:30
+	12/5	-	1/2	SAT	9:40
+	12/5	-	1/2	SAT	11:00
	12/21	-	1/25	MON	5:45
	1/5	-	2/9	TUE	10:30

Pre-Beginner II/III*

#	10/29	-	12/10	THU	5:45
	11/10	-	12/15	TUE	11:15
	1/5	-	2/9	TUE	11:15
	1/7	-	2/11	THU	5:45

Children Age 5 & Up

Level I*

	10/24	-	11/28	SAT	11:45
	11/10	-	12/15	TUE	6:00
+	12/5	-	1/2	SAT	11:45
	12/22	-	1/26	TUE	6:00

Level II

	10/24	-	11/28	SAT	9:15
	11/9	-	12/14	MON	6:30
	11/10	-	12/15	TUE	6:45
+	12/5	-	1/2	SAT	9:15
	12/21	-	1/25	MON	6:30
	12/22	-	1/26	TUE	6:45

Level III

	10/24	-	11/28	SAT	10:00
	10/28	-	12/2	WED	5:45
+	12/5	-	1/2	SAT	10:00
	12/9	-	1/13	WED	5:30

Level IV

	10/24	-	11/28	SAT	10:45
	10/28	-	12/2	WED	6:30
+	12/5	-	1/2	SAT	10:45
	12/9	-	1/13	WED	6:15

Level V

	10/24	-	11/28	SAT	8:30
	10/28	-	12/2	WED	7:15
+	12/5	-	1/2	SAT	8:30
	12/9	-	1/13	WED	6:55

Level VI

#	10/29	-	12/10	THU	6:30
	1/7	-	2/11	THU	6:30

SWIM TEST. We will provide a complimentary swim test to assist you in placing your child in the correct class. Please ask at the front desk to schedule an appointment.

CLASS DURATION is 35-40 minutes, except Water Babies classes which are 30 minutes.

REFUNDS. Class fees will be refunded in the event of over-enrollment or a cancelled class, or if you withdraw more than 5 days prior to the start of the class.

NO MAKE-UP or SUBSTITUTE CLASSES. We encourage you to make every effort to attend each class session for which you are registered, as we cannot offer make-up or substitute classes.

PRIVATE SWIM LESSONS are available for any skill level by appointment. One-on-one, 30-minute sessions can be arranged at a time convenient for you. Ask at the Front Desk.

GIFT CARDS are available in any amount.

PRICES are subject to change.

***Classes** for these levels require **parent/adult guardian assistance in the water**. Class sizes are limited, please register early.

#No Class Nov 26.
+Short Session, class fee prorated.

Swim Clinics (age 7-17)

Intermediate: $160/$195 (Member/Prog. Pass); Advanced: $195/$225

Our swim clinics are a great introduction to competitive swimming. Expert coaching & great exercise in a team environment.
1) Introduction to competitive swimming strokes & training techniques.
2) Focus on improving stroke technique via drills and constant feedback.
3) Starts & turns, great exercise & camaraderie with other swimmers.

Intermediate (Level 4 and up)

	9/9	-	12/2	W	5:45
+	12/9	-	12/30	W	5:45

Advanced (Level 5 and up)

	9/9	-	12/2	W	6:30
+	12/9	-	12/30	W	6:30

Start anytime during the session! Class fee prorated for late registrations!

Please call us at 860-408-3021 for more information or to register.

+Short Session, class fee prorated.

updated 10/31/26

SWIMMING INSTRUCTION
CLASS DESCRIPTIONS

Swim Center at Westminster School, LLC

CHILDREN AGES 5 & UP

LEVEL I* "Introduction to Water Skills" This class starts at the very beginning for children who are at least 5 years old. All the basic skills are covered: supported floats, kicking, blowing bubbles, putting face and head under water, "reaching and pulling", and assists.
Prerequisite: 5 years old.

LEVEL II* "Introduction to Water Skills" Continued work on the basic crawl and backstroke without support: floating, kicking, bobbing, and an introduction to rescue skills.
Prerequisite: Front and Back floats; Beginner stroke (5 yds.), and swim on back (5 yds.) deep water exploration.

LEVEL III "Fundamental Aquatic Skills" The crawl and backstroke are emphasized. Arm action and kick for 15 yards, kneeling dives, introduction to elementary backstroke and butterfly, treading water, and safety skills. Prerequisites: crawl stroke with face in water (15 yds.), float or tread for 30 seconds, backstroke (15 yds.)

LEVEL IV "Stroke Improvement" Includes refinement of both crawl strokes and elementary backstroke; Introduction to new strokes: breaststroke, sidestroke and butterfly kick. Prerequisites: Crawl stroke (25 yds.) and backstroke (25 yds.); elementary backstroke (15 yds.), breaststroke (15 yds.). treading water (1 min) and back float/ scull (1 min).

LEVEL V "Stroke Refinement" Students continue to refine new strokes, front and back crawl, increase in distance; diving. Prerequisites: Crawl stroke (50 yds.), back crawl (50 yds.), Sidestroke, breaststroke, and elementary backstroke (each 25 yds.), tread water (2 min) and float/scull (2 min).

LEVEL VI "Advanced Skills" Students will swim using all the strokes (front and back crawl, butterfly, breaststroke, elementary backstroke, and sidestroke) with more ease, efficiency, power and smoothness over greater distances. Prerequisites: Crawl stroke (100 yds.), back crawl (100 yds.), Sidestroke, breaststroke, and elementary backstroke (each 50 yds.), tread water (2 min) and float/scull (2 min).

OTHER PROGRAMS

LIFEGUARD TRAINING Red Cross's standard training for lifeguards. This course includes First Aid and CPR/AED for the Professional Rescuer training. Prerequisite: Age 15 and pass pre-course swim test. (Approx. 20 hr. course).

SPECIAL NEEDS For any child with special needs wanting to learn basic swimming skills. Prerequisites: None.

CHILDREN AGES 6 MO. - 3 YEARS

WATERBABIES 1 Parent & child class designed to acclimate the child to the water environment through use of equipment and appropriate safety skills. Fundamentals including stomach and back positions, kicking, and blowing bubbles are introduced. For 6 months – 2 yrs.

WATERBABIES 2
Progress in the fundamental skills is continued through songs & games, while we ease transition from parent/child class to teacher/child class. For 20 months - 3 years.

Please note: Non-disposable swim diapers required for children not toilet-trained. Disposable diapers not allowed.

CHILDREN AGES 3 - 4 YEARS

PRE-BEGINNER I* Work toward independent performance of the basic skills including body positions, kicking, reaching and pulling, submerging, and breath control.

PRE-BEGINNER II* Continues to reinforce the basic skills but with little or no instructor assistance. Emphasis is placed on crawl stroke (including arm pulls & kick) and floats. Intro to rhythmic breathing and kneeling dives. Prerequisites: Comfortable putting head fully under water while blowing bubbles and floating on back and front with support.

PRE-BEGINNER III* Reinforces basic skills and introduces new strokes. Designed for children with advanced swimming skills Prerequisite: must be able to swim under and above water, and float on back and front without support.

ADULT CLASSES

ADULT BEGINNER Designed for adults either uncomfortable around the water or with little or no experience in the water. A gradual, individual pace emphasizes comfort & safety while learning floats and independent swimming

ADULT INTERMEDIATE For adults who are able to swim but want to swim "better." This course expands upon basic concepts and develops proper stroke technique for front crawl as well as other strokes.

U. S. MASTERS SWIMMING US Masters is an international organization for adult competitive swimming. Coached workouts offered at varying times, please see separate flyer for days & times. Competition is not required. Ages 19 and up.