



# KSTC Swim Lessons 2022

In partnership with SwimSafe Pool Management Co.



## Online Registration Required

Use your mobile phone, tablet, or computer to register at [kenwood.coursestorm.com](http://kenwood.coursestorm.com)

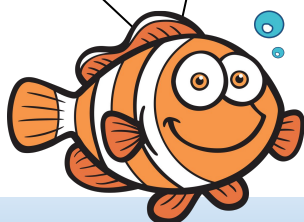
Scan QR Code to Register



Class Schedule			
Session	Dates	Time(s)	Level (s)
Session 1 Mon-Thur	June 6 to June 16	9:45-10:15 am	1, 2
		10:15-10:45 am	1, 2
Session 2 Mon- Thur	June 20 to June 30	9:45-10:15 am	1, 2
		10:15-10:45 am	1, 2
Evening Lessons Mon & Wed	June 6 to June 29	6:00-6:30 pm	0, 1
		6:30-7:00 pm	2, 3
Registration opens May 1st & closes 5 days before classes begin.			
Fee: \$55/ session			
If you are experiencing potential symptoms of COVID-19 or are living with someone who is confirmed positive, we ask that you not participate in lessons.			

### Waitlist Policy

Every child should have the opportunity to take swim lessons. If a class is full please join the waitlist. Classes may be combined or cancelled if enrollment is less than 3 swimmers.

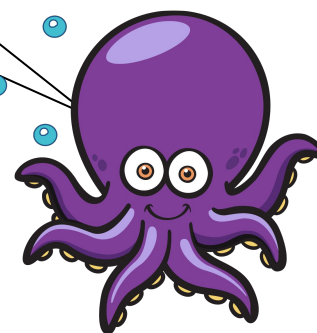


### Cancellation Policy

Lessons will only be cancelled if thunder or lightning is in the area 15 minutes before the start of class

### Cancellation Notifications

We use an automated text notification system to quickly notify parents in the event of a cancellation. To receive notification, text **KSTC** to **84483**.







Questions? Contact [heather@swimsafepool.com](mailto:heather@swimsafepool.com) or 513.755.7075, ext 11

[kenwood.coursestorm.com](http://kenwood.coursestorm.com)  
[kenwoodswimclub.com](http://kenwoodswimclub.com)

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	Class Description	Prerequisite	This class is for children who:
	<p><b>Level 0: Frogs &amp; Tadpoles</b> Parent and child will learn to enjoy the water together in this class. Parent (or responsible adult) and child will become acclimated to the water through games and songs while in a group setting. Parent will learn key safety tools to use at a pool or near water.</p>	<p><i>Limited to children 12-36 months old</i></p>	<p><i>Children from 1-3 years old (with a parent)</i></p>
 Feliz the Flounder	<p><b>Level 1: Flounder</b> Child will become acclimated to the water through games and will learn basic safety skills in addition to water submersion and floating with support. <b>Skills:</b> <i>Independent movement through the water, floating on front and back, recovery from a floating position, nose/mouth bubbles, introduction to bobs, and age appropriate safety skills.</i></p>	<p><i>3 years old on or before the first day of class</i></p>	<p><i>Have little experience in the water or are taking lessons for the first time</i></p>
 Jimmy the Jellyfish	<p><b>Level 2: Jellyfish</b> Child will expand on the skills learned in the Flounder class and learn to be in the water unassisted in both front and back positions while learning to propel themselves through the water using either arms or legs. <b>Skills:</b> <i>Floating, gliding, streamline body position, recovery, bobs, submersion, propulsive kicking, introduction to propulsive arms, sit dives, and safety skills.</i></p>	<p><i>Successful completion of all Flounder skills</i></p>	<p><i>Can comfortably submerge under the water and perform 5 unassisted consecutive bobs</i></p>
 Oliver the Octopus	<p><b>Level 3: Octopus</b> Child will learn fundamental freestyle and backstroke skills with emphasis placed on the coordination and timing of the strokes as well as the development of a strong flutter kick. <b>Skills:</b> <i>Novice freestyle, novice backstroke, elementary backstroke, side glide, treading, kneel dive, and safety skills.</i></p>	<p><i>Successful completion of all Jellyfish skills</i></p>	<p><i>Can independently perform a back float for at least 5 seconds</i></p>

## How to make the most out of lessons

- Arrive on time and ready for lessons
- Wear a well fitted swimsuit that is appropriate for lessons
- Children with long hair should use a hair tie or wear a swim cap
- Swim goggles (not a snorkel or mask) may be used by children in the upper level classes
- Children who are not potty trained must wear a swim diaper while in the pool

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