

## Frequently Asked Questions:

### How do I register?

Registration is held on designated days for all available sessions during the summer. Any remaining spots will be on a first come first served basis during the season. Please bring a cash, credit card, **check** or **money order** in the amount of \$60.00 for 8 group lessons or \$135.00 for 8 private lessons.

### What happens if it is raining or there is a storm prior to or during my lessons?

Class will only be cancelled if there is thunder/lightning or heavy rain. Your child's instructor will call and let you know if lessons are canceled 15 minutes prior to the start of the lesson.

### If I miss a swim lesson due to a personal reason do I get to make it up?

No. Swim lessons will only be made up if the City cancels the class due to weather.

### Can I use the pool before and after my lessons?

Payment for the swim lesson program entitles the participant use of the pool during that lesson only. Pool admission must be paid for use of the pool after lessons.

### Do I get a refund if I find out that I cannot attend an entire session?

Yes, for a refund notify the Recreation Department at least one week before the session begins. There will be a \$10 administrative fee to process the refund. If you do not let us know one week in advance you will not receive a refund.



## City of Ocoee Parks & Recreation Department

### Aquatic Facility

1820 A.D. Mims Road  
Ocoee, FL 34761  
(407) 905-3180

### Aquatic Staff

Toren Hogan  
Recreation Operations Manager

Stephen Matthews  
Recreation Leader

Steven McDonald  
Recreation Leader

(407) 905-3180

# SWIM LESSONS

City of Ocoee  
Parks & Recreation



# 2019 CLASS INFORMATION

## Swim Lesson Information:

### Group Swim Lessons/Private Swim Lessons

- ◆ There will be a total of 4 group swim lesson sessions held which consist of 8 thirty minute lessons.
- ◆ Morning group lessons (9am-11am) are offered Monday - Thursday, with make-ups on Friday.
- ◆ Private lessons will consist of 8 thirty minute lessons every Saturday morning between the hours of 9:00am - 11:00am.
- ◆ There must be a minimum of 2 people registered to have a class.
- ◆ Participants are guaranteed **one** make-up class per week if there is a pool closure due to technical difficulties, a storm or biological hazard.

### **Infant Swim Lessons (6 months - 2 yrs)**

In this class the instructor will focus on making the infant comfortable in the water while teaching basic skills. The instructor will also offer instruction in any additional areas requested by the parent or guardian.

### **Children's Swim Lessons (3 yrs - 17 yrs)**

This class is organized into different levels based on the swimming abilities of the participant. Please see the Swim Lesson Level Descriptions located in this brochure.

## Swim Lesson Schedule:

### Swim Lessons Registration Dates

#### **Residents Only:**

May 11 .....10:00am - 5:00pm  
May 13 - 16..... 1:00pm - 9:00pm

#### **Residents & Non-Residents:**

May 18 .....10:00am - 5:00pm  
May 20 - 23 .....1:00pm - 9:00pm  
May 25 .....10:00am - 5:00pm

**After May 25 registration based on availability**

#### **Session I Lesson Dates**

Morning: June 3, 4, 5, 6, 10, 11, 12, 13

#### **Session II Lesson Dates:**

Morning: June 17, 18, 19, 20, 24, 25, 26, 27

#### **Session III Lesson Dates:**

Morning: July 1, 2, 3, **Fri 5**, 8, 9, 10, 11

#### **Session IV Lesson Dates:**

Morning: July 15, 16, 17, 18, 22, 23, 24, 25

#### **Session V Lesson Dates:**

Morning: July 29, 30, 31 Aug. 1, 5, 6, 7, 8

#### **Private I**

Private Lessons: June 8, 15, 22, 29 July 6, 13, 20, 27

#### **Private II**

Private Lessons: Aug. 3, 10, 17, 24 Aug. 31  
Sept. 7, 14, 21

## Swim Lesson Level Description:

### IPAP: Infant and Preschool Aquatics Program.

This program is designed to help young children (ages 6 months old - 2 years old) to become comfortable in and around the water.

#### Level I: Water Exploration (3-6 years)

Students will learn to put their face in the water and blow bubbles, float on their front and back **with** support and learn the proper arm and leg swim motions.

#### Level II: Primary Skills (6+ years)

Students learn to float **without** support and to recover to a vertical position. This level also marks the beginning of true locomotion skills, using arms and legs, and rhythmic breathing.

#### Level III: Stroke Readiness.

Students learn the coordinated motion of the freestyle and backstroke. This level will also be continued work on rhythmic breathing.

#### Level IV: Stroke Development & Refinement

Students will better develop their freestyle and backstroke. Students will also be introduced to the breaststroke and butterfly.