

WEEKEND SCHEDULE

All weekend sessions are Saturday and Sunday.

Aquatic Complex

Session I June 6 — June 28 (8 classes)	Session II July 11 — Aug. 2 (8 classes)	Session III Aug. 15 — Aug. 30 (6 classes)
9-9:45 a.m. IPAP III Fundamentals I&II	9-9:45 a.m. IPAP III Fundamentals I&II	10-10:45 a.m. IPAP III Fundamentals I&II
10-10:45 a.m. IPAP III Fundamentals I&II	10-10:45 a.m. IPAP III Fundamentals I&II	11-11:45 a.m. IPAP III Fundamentals I&II
11-11:45 a.m. IPAP III Fundamentals I&II	11-11:45 a.m. IPAP III Stroke Dev III	12-12:45 p.m. Fundamentals I&II Stroke Dev III
12-12:45 p.m. Adult Beginner Stroke Imp. IV	12-12:45 p.m. Stroke Imp. IV Adult Beginner	3-3:45 p.m. Fundamentals I&II Adult Beginner
3-3:45 p.m. Adult Beginner Stroke Dev. III	3-3:45 p.m. Refine V & Prof. VI Adult Intermediate	

Cypress Pool

Session I June 6 — June 28 (8 classes)	Session II July 11 — Aug 2 (8 classes)	Session III Aug. 15— Aug. 30 (6 classes)
8-8:30 a.m. IPAP I & II	8-8:30 a.m. IPAP I & II	8-8:30 a.m. IPAP I & II
9-9:45 a.m. IPAP III	9-9:45 a.m. IPAP III	9-9:45 a.m. IPAP III

Mullins Park Pool*

Session I June 6 — June 28 (8 classes)	Session II July 11 — Aug 2 (8 classes)	Session III Aug. 15— Aug. 30 (6 classes)
10-10:45 a.m. IPAP III	10-10:45 a.m. IPAP III Stroke Dev. III	10-10:45 a.m. IPAP III
11-11:45 a.m. Fundamentals I&II	11-11:45 a.m. IPAP III Fundamentals I&II	11-11:45 a.m. Fundamentals I&II
12-12:45 p.m. Stroke Dev. III	12-12:45 p.m. Fundamentals I&II Adult Beginner	12-12:45 p.m. Stroke Dev. III

*Saturday classes at Mullins Park Pool, Sunday classes at Aquatic Complex (unless informed otherwise).

Class fees for number of lessons at all sites:
 8 Classes / Cost = \$48
 6 Classes / Cost = \$36
 5 Classes / Cost = \$30

City of Coral Springs SUMMER 2009 Learn To Swim Program

With American Red Cross Certified Instructors



Registration

Registration begins on **May 2** from 7:30 a.m. to 5 p.m. at the Aquatic Complex for swimming lessons at all three pools. As of May 3, registration will be taken at the respective pools.

Locations

Aquatic Complex 12441 Royal Palm Blvd.	954-345-2121
Cypress Pool 1300 Coral Springs Drive	954-345-2109
Mullins Park Pool 10180 N.W. 29 Street	954-345-2170

**Aquatic Services
Department**

954-345-2121
CoralSprings.org

**CORAL
SPRINGS**
Community of Excellence

CLASS DESCRIPTIONS

Summer Swimming Lesson Registration

Registration begins on Saturday, May 2 from 7:30 a.m. to 5 p.m. at the Aquatic Complex for swimming lessons at all three pools. As of May 3, registration will be taken at the respective pools. Eight 45-minute classes cost \$48 (unless otherwise noted). To register, you must have a certificate of completion to enter into the next level **or have your child swim tested at the Aquatic Complex before May 2**. Call the Aquatic Complex for testing times.

Weekday Sessions at Mullins Park, Cypress Park & Aquatic Complex:

Mini Session	June 8 to 12	(5 lessons)	\$30
Session I	June 15 to 26	(8 lessons)	\$48
Session II	June 29 to July 10	(8 lessons)	\$48
Session III	July 13 to 24	(8 lessons)	\$48
Session IV	July 27 to August 7	(8 lessons)	\$48
Mini Session	August 10 to 14	(5 lessons)	\$30

Weekend Sessions at Mullins Park, Cypress Park & Aquatic Complex:

Session I	June 6 to 28	(8 lessons)	\$48
Session II	July 11 to August 2	(8 lessons)	\$48
Session III	August 15 to 30	(6 lessons)	\$36

Infant/Preschool Aquatic Programs (IPAP 1 & 2):

For infants between 6 and 36 months of age. The toddler level is between 18 and 36 months of age. An adult will accompany the child in the water.

Infant/Preschool Aquatic Programs (IPAP 3)- Preschool level

is between 3 and 5 years of age. Adults stay in designated areas for observing. Skills introduced include: supported front and back floats and glides, coordination of arm and leg movements, rolling over, safe water entries and exits, and other safety skills.

Level I: Introduction to water skills

Level II: Fundamentals of Aquatic Skills for Beginners are combined:

Prerequisites for Level I are: 6 years or older having passed the introductory skills in IPAP program. Prerequisites for Level II are: a certificate of completion for all skills in Level I or the ability to demonstrate all requirements for passing Level I. Skills include: mastering the feel of water and being comfortable, entering and exiting the pool, and moving five yards unassisted, front floating, rolling over to the back and floating with assistance. The progression to Level II will review these skills and include front and back float. Expansion of fundamental aquatic locomotion includes combined strokes on front and back and rhythmic breathing.

Level III (Stroke Development)

Prerequisite is a certificate from Level II or demonstration of skills. Course will build on the skills in Level II by providing additional guided practice. Introduced skills include headfirst entries, rotary breathing front/back glides with kick, coordinated front and back crawl for 15 yards, begin butterfly kick, body motion and safety skills.

Level IV (Stroke Improvement)

Prerequisite is a Level III certificate or the ability to demonstrate and complete the requirements from Level III. Course develops confidence in strokes learned with the addition of feet first surface dives, building endurance front and back crawl, treading water, above water recovery for butterfly, scissors kick, sidestroke, elementary backstroke, breaststroke with kick and safety skills.

Level V (Stroke Refinement)

Prerequisite is a Level IV certificate or the ability to demonstrate and complete the requirements from level IV. Course includes further coordination and refinement of all strokes. Skills introduced include: tuck and pike surface dives, long shallow dives, flip turns, endurance building, refinement of all strokes (front crawl, back crawl, butterfly, breaststroke, elementary backstroke and sidestroke 25-50 yards), and safety skills including rescue breathing and caring for a choking victim.

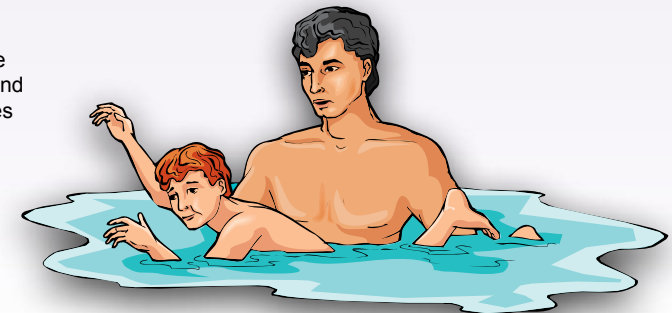
Level VI (Swimming and Skill Proficiency)

Prerequisite is a Level V certificate or the ability to demonstrate and complete the requirements from Level V. Class refines the strokes so students swim with ease, efficiency, power and smoothness over greater distances. This level has options on preparing students to participate in more advanced courses, such as Water Safety Instructor Lifeguard Training. These options include Personal Water Safety, Lifeguard Readiness, Fundamentals of Diving, and Fitness Swimming. See your instructor for additional details on the above programs.

Level IV, V and VI may be a combination of two levels.

Adult Beginner/Intermediate Swimming Lessons

This course is designed to teach adults and teens older than 15 the fundamentals of swimming. It is for all adult swimmers with little experience in the water. Classes are taught to individuals ability and class is limited to six students.



CYPRESS PARK POOL Weekday Summer Lessons

Session I • June 15 — 26

8 CLASSES • MON. - THUR.
 8-8:45AM IPAP III
 8:30-9AM IPAP I & II
 9-9:45AM IPAP III
 9:15-9:45AM IPAP I & II
 6 classes • MON, WED, THUR.
 5:30-6PM IPAP I & II
 5:30-6:15PM IPAP III
 6:15-7PM IPAP III
 6:30-7:15 PM Fundamentals I&II

Session II • June 29 - July 10

8 CLASSES • MON. - THUR.,
 8-8:45AM IPAP III
 8:30-9AM IPAP I & II
 9-9:45AM IPAP III
 9:15-9:45AM IPAP I & II
 6 classes • MON., WED., THUR.
 5:30-6PM IPAP I & II
 5:30-6:15PM IPAP I & II
 6:15-7PM IPAP III
 6:30-7:15 PM IPAP III

Session III • July 13 — July 24

8 CLASSES • MON. - THUR.
 8-8:45AM IPAP III
 8:30-9AM IPAP I & II
 9-9:45AM IPAP III
 9:15-9:45AM IPAP I & II
 6 classes • MON., WED., THUR.
 5:30-6PM IPAP I & II
 5:30-6:15 PM IPAP III
 6:15-7PM IPAP III
 6:30-7:15 PM Fundamentals I&II

Session IV • July 27 — Aug. 7

8 CLASSES • MON. - THUR.
 8-8:45AM IPAP III
 8:30-9AM IPAP I & II
 9-9:45AM IPAP III
 9:15-9:45AM IPAP I & II
 6 classes • MON., WED., THUR.
 5:30-6PM IPAP I & II
 5:30-6:15 PM IPAP III
 6:15-7PM IPAP III
 6:30-7:15 PM Fundamentals I&II

MULLINS PARK POOL Weekday Summer Lessons

Session I • June 15 — 26

8 CLASSES • MON. - THUR.
 8-8:45AM IPAP III
 IPAP III
 Fundamentals I&II
 9-9:45AM IPAP III
 Fundamentals I&II
 Stroke Dev. III
 10-10:45AM IPAP III
 Fundamentals I&II
 Stroke Dev. III
 11-11:45AM IPAP III
 IPAP III
 Fundamentals I&II

Session II • June 29 -July 10

8 CLASSES • MON. - THUR.
 8-8:45AM IPAP III
 IPAP III
 Fundamentals I&II
 9-9:45AM IPAP III
 IPAP III
 Fundamentals I&II
 10-10:45AM IPAP III
 IPAP III
 Fundamentals I&II
 11-11:45AM IPAP III
 IPAP III
 Stroke Dev. III

Session III • July 13 — July 24

8 CLASSES • MON. - THUR.
 8-8:45AM IPAP III
 IPAP III
 Fundamentals I&II
 9-9:45AM IPAP III
 Fundamentals I&II
 Stroke Dev. III
 10-10:45AM IPAP III
 IPAP III
 Fundamentals I&II
 11-11:45AM IPAP III
 Fundamentals I&II
 Fundamentals I&II

Session IV • July 27 — Aug. 7

8 CLASSES • MON. - THUR.
 8-8:45AM IPAP III
 IPAP III
 Fundamentals I&II
 9-9:45AM IPAP III
 Fundamentals I&II
 Stroke Dev. III
 10-10:45AM IPAP III
 Fundamentals I&II
 Stroke Dev. III
 11-11:45AM IPAP III
 IPAP III
 Fundamentals I&II

AQUATIC COMPLEX Weekday Summer Lessons

Session I • June 15 — 26

8 CLASSES • MON. - THURS.
 8-8:45AM IPAP III
 IPAP III
 Fundamentals I&II
 Fundamentals I&II
 Stroke Dev. III
 9-9:45AM IPAP III
 Fundamentals I&II
 Fundamentals I&II
 Stroke Dev. III
 10-10:45AM IPAP III
 Fundamentals I&II
 Stroke Dev. III
 Improve IV & Ref. V
 11-11:45AM IPAP III
 IPAP III
 Fundamentals I&II
 Stroke Dev. III

Session II • June 29 -July 10

8 CLASSES • MON. - THURS.
 8-8:45AM IPAP III
 IPAP III
 Fundamentals I&II
 Stroke Dev. III
 9-9:45AM IPAP III
 Fundamentals I&II
 Stroke Dev. III
 Refine. V & Prof. VI
 10-10:45AM IPAP III
 IPAP III
 Fundamentals I&II
 Stroke Dev. III
 11-11:45AM IPAP III
 IPAP III
 Fundamentals I&II
 Stroke Imp. IV

Session III • July 13 — July 24

8 CLASSES • MON. - THURS.
 8-8:45AM IPAP III
 Fundamentals I&II
 Stroke Dev. III
 Stroke Imp. IV
 9-9:45AM IPAP III
 IPAP III
 Fundamentals I&II
 Refine. V & Prof. VI
 10-10:45AM IPAP III
 IPAP III
 Fundamentals I&II
 Stroke Dev. III
 11-11:45AM IPAP III
 Fundamentals I&II
 Stroke Dev. III
 Imp. IV & Refine. V

Session IV • July 27 — Aug. 7

8 CLASSES • MON. - THURS.
 8-8:45AM IPAP III
 IPAP III
 Fundamentals I&II
 Stroke Dev. III
 9-9:45AM IPAP III
 IPAP III
 Fundamentals I&II
 Stroke Imp. IV
 10-10:45AM IPAP III
 Fundamentals I&II
 Fundamentals I&II
 Stroke Dev. III
 11-11:45AM IPAP III
 Fundamentals I&II
 Stroke Imp. IV
 Refine. V & Prof. VI

6 classes • MON., TUE., WED.

6-6:45PM IPAP III
 Fundamentals I&II
 7-7:45PM Adult Beginner
 Adult Intermediate

6 CLASSES • MON., TUE., WED.

6-6:45PM IPAP III
 Fundamentals I&II
 7-7:45PM Fundamentals I&II
 Adult Beginner

6 CLASSES • MON., TUE., WED.

6-6:45PM IPAP III
 Fundamentals I&II
 7-7:45PM IPAP III
 Adult Beginner

6 CLASSES • MON., TUE., WED.

6-6:45PM IPAP III
 Fundamentals I&II
 7-7:45PM Fundamentals I&II
 Adult Beginner

Aquatic Complex

Mini Session I • June 8— 12 (5 days)

8-8:45AM IPAP III
 IPAP III
 Fund. I&II
 9-9:45AM IPAP III
 Stroke Dev. III
 Fund. I & II
 10-10:45AM IPAP III
 Fund. I&II
 Stroke Dev. III
 Imp. IV & Refine. V
 Fund. I&II
 IPAP III
 Stroke Dev. III
 Adult Beginner

Aquatic Complex

Mini Session II Aug. 10—14 (5 days)

9-9:45AM IPAP III
 IPAP III
 10-10:45AM IPAP III
 Fund. I&II
 11-11:45AM Stroke Dev. III
 Refine. V & Prof. VI

Cypress Park

Mini Session I June 8— 12 (5 days)

8-8:45AM IPAP III
 8:30-9AM IPAP I&II
 9-9:45AM IPAP III
 9:15-9:45AM IPAP I&II

Mullins Park

Mini Session I • June 8—12 (5 days)

9-9:45AM IPAP III
 Fund.I&II
 10-10:45AM IPAP III
 FundI&I

Mini Session II • Aug. 10—14 (5 days)

9-9:45AM IPAP III
 10-10:45AM IPAP III



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