

North County Aquatic Center  
9450 CR512  
Sebastian, FL 32958  
(772) 581-7665

Gifford Aquatic Center  
4895 43<sup>rd</sup> Avenue  
Vero Beach, FL 32967  
(772) 770-5312

## Baby and Me Classes

**(Ages 6 months – 2 years)**

Caregivers and children learn together to increase a child's comfort level in the water and build a foundation of basic skills, such as arm and leg movements and breath control. The two levels are fun-filled and help introduce water safety concepts.

## Preschool Lessons

**(Ages 3 – 5)**

Throughout the three levels, preschool-age children are taught basic aquatic safety and survival skills. They are encouraged to gain greater independence and increase their comfort level in and around the water. Skills are age-appropriate, helping children achieve success.

## Learn-to-Swim (Ages 6 and up)

Designed to help participants achieve maximum success, Learn-to-Swim courses are based on a logical, six-level progression that helps swimmers develop their water safety, survival and swim skills.

**Below are descriptions of what the participant should be able to do before enrolling in each level.**

### Level 1 – Introductory

May have little or no exposure to swimming and/or lessons. Participant needs no prior experience

### Level 2 – Fundamental

Comfortable in the water, can glide on their front with face in the water and roll to their back and float.

### Level 3 – Stroke Development

Push off and swim using combined arm and leg actions for 5 body lengths, roll to back and float, then roll to front and swim an additional 5 body lengths

### Level 4 – Stroke Improvement

Are able swim front stroke for 15 yards, roll to back and swim elementary backstroke an additional 15 yards

### Level 5 – Stroke Refinement

Are able to swim all four swim strokes 15-25 yards each.

### Level 6 – Swimming and Skill Proficiency

Are able to swim all strokes appropriately for 25-50 yards using formal turns and switching body position.

## Adult Lessons (Ages 18 and up)

Lessons available from beginners to competitors. Learn how to swim or receive valuable instruction on how to improve your strokes, turns, or breathing.

### Group Lessons

8 – 25 min. classes  
**\$40**

### Private Lessons

4 – 25 min. classes  
**\$80**



**American  
Red Cross**

*Do you need a scholarship? Ask us if you qualify!*

### Group Sessions

Monday – Thursday  
*Morning or Evening*

#### Session 1

June 4 – 14

#### Session 2

June 18 – 28

#### Session 3

July 2 – 12

#### Session 4

July 16 – 26

### Group Sessions

Tuesday & Thursday  
*Evenings only*

#### Session A

June 5 - 28

#### Session B

July 10 – Aug 2

### **Registration begins May 5<sup>th</sup>**

North County: 9:00 - 12:00

Gifford: 12:30 - 3:30

***\$5 discount and free swim level evaluation  
on first day of registration***

[www.ircgov.com/pools](http://www.ircgov.com/pools)