



**CORNERSTONE
AQUATICS CENTER**

Parent Infant and Preschool Swim Lessons

55 Buena Vista Road, West Hartford, CT 06107

Winter Session 2: Monday February 24th to Saturday April 4th

Members

Registration Opens: Monday Feb. 10th at 1:00 PM

Cost: \$75

**Please register online at
<https://cornerstone.recdesk.com>**

Non-Members

Registration Opens: Wednesday Feb. 12th at 1:00 PM

Cost: \$99

Parent Infant 1+2

Monday 4:30pm-5:00pm
Monday 5:05pm-5:35pm
Tuesday 10:00am-10:30am
Wednesday 10:00am-10:30am
Friday 9:15am-9:45am

Parent Infant 1

Saturday 9:00am-9:30am

Parent Infant 2

Saturday 9:35am-10:05am
Saturday 10:10am-10:40am
Saturday 10:45am-11:15am



Preschool Level 1

Tuesday 9:15am-9:45am
Tuesday 5:05pm-5:35pm
Wednesday 9:15am-9:45am
Friday 10:00am-10:30am
Saturday 9:00am-9:30am
Saturday 9:35am-10:05am
Saturday 10:45am-11:15am
Saturday 11:20am-11:50am

Preschool Level 2

Tuesday 10:45am-11:15am
Tuesday 5:40pm-6:10pm
Wednesday 10:45am-11:15am
Thursday 2:30pm-3:00pm
Friday 10:45am-11:45am
Friday 5:05pm-5:35pm
Saturday 9:35am-10:05am
Saturday 11:00am-11:30am
Saturday 11:35am-12:05pm

Preschool Level 3

Tuesday 11:30am-12:00pm
Wednesday 11:30am-12:00pm
Thursday 3:00pm-3:30pm
Friday 11:30pm-12:00pm
Saturday 9:00am-9:30am
Saturday 10:10am-10:40am
Saturday 11:30am-12:00pm



PARENT INFANT LESSONS (30 MINUTES)

6-18 Months (PI 1): This class is for parents with children ages 6 -18 months. This is a water introduction class where comfort in the water and submerging are taught in a low pressure and fun environment. Water experimentation, blowing bubbles, and basic skills are instructed through songs and activities.
18 Months-3 years (PI 2): This class is for children between the ages of 1 1/2 and 3 years. This class expands on some skills learned in the first course, but adds some more difficult skills such as floating, submersion, and gliding. This course is recommended before PSA 1.

PRESCHOOL SWIM LESSONS AGES 3-5 (30 MINUTES)

Preschool Aquatics Level 1 (PS 1): This class teaches children the most elementary aquatic skills. They continue to develop safe practices around the water.
Preschool Aquatics Level 2(PS 2): This class teaches independent aquatic locomotion skills. Children continue to explore simultaneous and alternating arm and leg actions on the front and back to gain more proficiency for future strokes.
Preschool Aquatics Level 3 (PS 3): This class teaches children to perform their skills independently. They are taught to improve coordination of combined arm and leg actions and alternating arm and leg actions.



**CORNERSTONE
AQUATICS CENTER**

Learn to Swim and Adult Swim Lessons

55 Buena Vista Road, West Hartford, CT 06107

Winter Session 2: Monday February 24th to Saturday April 4th

Members

Registration Opens: Monday Feb. 10th at 1:00 PM

Cost: \$75

**Please register online at
<https://cornerstone.recdesk.com>**

Non-Members

Registration Opens: Wednesday Feb. 12th at 1:00 PM

Cost: \$99

LTS Level 1

Monday 4:15pm-5:00pm
Wednesday 4:15pm-5:00pm
Friday 4:15pm-5:00pm
Friday 5:55pm-6:40pm
Saturday 10:10am-10:55am
Saturday 10:40am-11:25am
Saturday 11:30am-12:15pm

LTS Level 3

Monday 5:05pm-5:50pm
Thursday 5:55pm-6:40pm
Friday 5:05pm-5:50pm
Friday 6:45pm-7:30pm
Saturday 9:00am-9:45am
Saturday 9:50am-10:35am

Adult Beginner

Tuesday 6:30pm-7:15pm
Thursday 6:30pm-7:15pm

Adult Intermediate

Tuesday 7:15pm-8:00pm
Thursday 7:15pm-8:00pm

LTS Level 2

Tuesday 4:15pm-5:00pm
Wednesday 5:05pm-5:50pm
Thursday 4:00pm-4:45pm
Thursday 4:15pm-5:00pm
Friday 4:15pm-5:00pm
Friday 5:05pm-5:50pm
Saturday 9:00am-9:45am

LTS Level 4

Monday 5:55pm-6:40pm
Wednesday 5:55pm-6:40pm
Thursday 5:05pm-5:50pm
Saturday 10:40am-11:25am
Saturday 11:30am-12:15pm

Adult Advance

Tuesday 8:00pm-8:45pm
Thursday 8:00pm-8:45pm

LTS Level 5+6

Monday 6:45pm-7:30pm
Thursday 5:55pm-6:40pm
Friday 5:55pm-6:40pm
Saturday 9:50am-10:35am



LEARN TO SWIM AGES 5-16 (45 MINUTES)

Level 1 (LTS 1): Introduction to Water Skills- Children learn breath control, buoyancy on the front and back, alternating arm and leg action and general water safety rules.

Level 2 (LTS 2): Fundamental Aquatic Skills- Underwater swimming, treading water, swimming in different positions and general water safety are the main focus.

Level 3 (LTS 3): Stroke Development- Head first entries, rotary breathing, changing directions and different kicks are taught.

Level 4 (LTS 4): Stroke Improvement- Diving, surface diving, turns, breaststroke kick, elementary backstroke and scissor kicks are introduced.

Level 5 (LTS 5): Stroke Refinement- Head first surface dives, flip turns and survival swimming are taught. All other skills are refined.

Level 6 (LTS 6): Fitness Swimmer Course- Focuses on endurance as it pertains to using the water as a medium for exercise in addition to the core skills.

ADULT LESSONS AGES 16 AND UP (45 MINUTES)

Beginner (AD 1): Learn basic swimming strokes and skills needed to stay safe, and help keep others safe in and around the water.

Intermediate (AD 2): Participants will gain proficiency in basic aquatic skills and the six basic swimming strokes

Advanced (AD 3): Participants will learn to refine their front crawl, back crawl, breaststroke and turns to build endurance.