

FALL 2025 *SWIM LESSONS*

On-line registration begins August 19th@ 0900 Members only.
August 21 @ 0900 Non-Members.

Swim America™ Group Swim Lessons: Ages 5 and older

Ages 5 and older participate in SwimAmerica. It is a goal-driven program developed by the United States Swim Coaches Association, the same people who train the coaches of the USA Olympic Swimming team. Learning to swim is a lifetime gift that can save your child's life. Our goal is to teach your child to swim for safety, health and fun.

Station Descriptions

STATION 1 *Never taken swim lessons and/or will not put face in the water.*

Goal: 10 relaxed bobs

STATION 2 *Comfortable putting head underwater but cannot float.*

Goal: Front & back glides w/ recovery - 5 seconds

STATION 3 *Float & glide on front / back, but has not learned kicking.*

Goal: Front & back kick 15 ft

STATION 4 *Kicks on front & back and are ready to add arms.*

Goal: Side-glide-kick 20 ft, crawl stroke 20 ft (no breathing)

STATION 5 *Can do the crawl stroke but have not learned side breathing. Typically start the youngest age 7-8 for needed physical endurance.*

Goal: Crawl stroke with breathing

STROKE SCHOOL 1 *Have learned freestyle (crawl stroke) with breathing and wants to learn other strokes (covers the skills from Station 6 & 7).*

STATION 6 Goals: Freestyle 25 yds, Backstroke 30 ft, Tread water for 1 minute

STATION 7 Goals: Freestyle 50yds, Backstroke 25yds, Breaststroke kick 20 ft

STROKE SCHOOL 2 *Stroke refinement and endurance building. To be placed in Stroke School 2 children must be evaluated by a Swim America staff or pass Stroke School 1.*

STATION 8 Goals: Freestyle 100yds, Breaststroke 25yds, Butterfly 30 ft.

STATION 9 Goals: Freestyle 200yds, Butterfly 25yds, Breaststroke 50yds, Elementary Backstroke 50yds, Sidestroke 50yds.

STATION 10 Goals: Freestyle 300yds, Backstroke 100 yds, Individual Medley 100yds

***Depending on your child's age and ability, it may take multiple sessions for your child to advance to the next station.**

Evening Session Dates & Times

Monday and Wednesday evenings x 4 weeks

Member \$65

Non-Member \$75

Dates

Session A: September 8th-October 1st

Session B: October 6th - October 29th

Session C: November 3rd -November 26th

Station Times

Station 1 & 2 & 3 6:05-6:35 pm

Station 3 & 4 & 5: 6:40-7:10 pm

Station 4 & 5 & Stroke School 1 & 2 Combo:
7:15-7:45pm

Saturday Session Dates & Times

Saturday mornings for 8 weeks

Member \$65

Non-Member \$75

Dates

Session A: September 27th-November 15th

Station Times

Stations 1, 2: 9:30-10:00am

Stations 3, 4: 10:05-10:35 am

Stations 5 & Stroke School 1&2 Combo:
10:40-11:10am

Register online at www.logan.org/fitness then go to "Online Portal".

PARENT TOT SWIMMING LESSONS:

For babies aged 6 months-3 years old.

A parent will get in the water with their baby.

Fridays 9:30am-10:00am

Session A: September 5th – October 10th

Session B: October 17th -November 21st

Member \$60 Non-member \$70

Group Swim Lesson Cancellation Policy:

Cancellations must be made three business days prior to the start of the session for a full refund minus a \$5.00 administrative fee per participant, per session. Make-up lessons will not be available should a lesson be missed for any reason. No refunds or credits will be issued after the session begins.

Transfers:

There is a \$5.00 transfer fee to transfer participants to a different session provided there is space available.



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