



Cutler Ridge Pool

Summer Hours & Swim Lessons

Summer Hours Start June 8, 2009 – August 14, 2009

Swim Lessons:

Session Dates

Session 1: June 8 – June 19

Session 2: June 22 – July 3

Session 3: July 6 – July 17

Session 4: July 20 – July 31

Session 5: August 3 – August 14

- All students will be swim tested the first day of class to be placed into the appropriate level. It is imperative that the child attends the first day of class.
- No classes will be made up unless cancelled by the facility.

Class Times

Tiny Tots: 12pm, 5pm, 6pm ages 3-5

Level 1-3: 8am, 9am, 10am, 11am, 7pm ages 6+

Level 4-7: 12pm ages 6+

Adults: 7pm ages 18+

Cost- \$50.00 per session, per student

Public Swim Hours

June 8th – August 14th

Mon – Fri 1:00 - 4:30

Saturday 12:00 - 3:30

Sunday 12:00 - 4:30

Cost

Adult- \$2.00

Child-\$1.50

Sr. Citizen-\$1.25



Town of Cutler Bay

Parks and Recreation Department

Cutler Ridge Pool

10100 SW 200 ST

(305) 238-5344

Tiny Tots

This level is an introduction to the water. Skills include bubble blowing, floating, orientation to the water, holding breath, and kicking. More advanced skills may be taught depending on the skills of the child. This class requires one adult to be in the water per child. This class is taught with a group but skills are taught on an individual basis. Practice of skills depends heavily with the parent. Classes will be offered at 12pm, 5pm, 6pm Ages 3-5yrs old.

Level 1

Level 1 is the Introduction to water skills phase by the American Red Cross. It is described as helping the students feel comfortable in the water and to enjoy the water safely. The skills learned in this level include: fully submerging face, supported kick on back, supported kick on front, supported float on front, supported float on back, begin to understand alternating arms coordination, bubble blowing, and basic water and pool safety rules. Classes will be offered at 8am, 9am, 10am, 11am, 7pm Ages 6+.

Level 2

Level 2 is the Fundamental water skills phase by the American Red Cross. It is described as giving students success with fundamental skills. The skills learned in this level include: supine float or glide, prone float or glide, flutter kick on front, flutter kick on back, back crawl arm action, combine stroke from front using kick and alternating arm action, combine stroke on the back using kick and alternating arm action. Classes will be offered at 8am, 9am, 10am, 11am, 7pm Ages 6+.

Level 3

Level 3 is the Stroke Development water skills phase by the American Red Cross. It is described as the next step to level 2 working on the previous learned skills with additional guided practice. The skills learned in this level include: reverse direction while swimming on back, coordinate arm stroke for front crawl with breathing to the side, prone glide with push-offs, supine glide with push-off, reverse direction while swimming on front, coordinate back crawl, elementary backstroke. Classes will be offered at 8am, 9am, 10am, 11am, 7pm Ages 6+.

Level 4-7

These levels are offered for children showing advanced swimming skills. The child will practice lap swimming, freestyle, backstroke, butterfly, and breaststroke. Flip turns will be taught as well as diving. The child must pass a swim test to enter this class. If the child is unable to show competency in the skills required, the child will be put into a level 1-3 class. 12 pm Ages 6+.

Adults

A class taught for beginners that would like to become more comfortable in the water, and learn the basics to swimming. 7pm.