

# Summer / Fall Group Learn-to Swim

(For group descriptions, go to [sevenhillsohio.org](http://sevenhillsohio.org).)

This program is designed for ages 6 months and up. We offer a variety of different skill levels from pre-school to pre-swim team. Contact the Aquatics Supervisor for more information.



### Monday through Thursday

#### AM Sessions:

**Members: \$50 Non-Members: \$60**

**Session #2:** July 12th to July 22nd

**Session #3:** Aug. 2nd to Aug. 12th



### Fall Session

**Members: \$45 Non-Members: \$55**

**Mon. Only**—September 20th - October 25th

**Wed. Only**—September 22nd - October 27th

**Sat. Only**—September 25th - October 30th

Level	Mon-Thurs AM Times
Tadpole (Pre 1)	9:30-10:00 10:00 - 10:30 10:45-11:15
Frog (Pre 2)	9:30-10:00 10:00 - 10:30 10:45-11:15
Stingray (Pre 3)	10:45 - 11:15
Turtle (L 1)	10:45-11:15 11:30 - 12:00
Penguin (L 2)	11:15-12:00
Sea Otter (L 3)	9:30-10:15
Dolphin (L 4-6)	11:15-12:00

Level	Mon/Wed PM	Sat AM Times
Starfish	XXXXX	10:00 - 10:30 10:45 - 11:15
Tadpole (Pre 1)	5-5:30 5:45-6:15	10:00 - 10:30 11:30 - 12:00
Frog (Pre 2)	5-5:30 5:45-6:15	10:00 - 10:30 10:45 - 11:15
Stingray (Pre 3)	5:45-6:15	10:45-11:15 11:30-12
Turtle (L 1)	5:45-6:15 6:30-7	10-10:30 10:45-11:15
Penguin (L 2)	6:15-7	11:15-12
Sea Otter (L 3)	5-5:45	10:30-11:15
Dolphin (L 4-6)	6:15-7	11:15-12

All aquatic programs days and times subject to change. For more information, contact the aquatics supervisor at 216-524-6262 or [mgallagher@sevenhillsohio.org](mailto:mgallagher@sevenhillsohio.org).



## Seahawks Recreation Swim Team

This program is designed for swimmers ages 5 and up that have a desire to swim at the competitive level. If your child can swim 25-yards freestyle and 25-yards backstroke non-stop, they can participate in this group (25-yards = One Length of the pool).

### Fall Swim Team Session

Members: \$50 | Non-Members: \$60

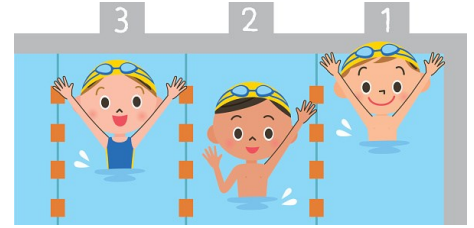
Mon. & Weds.

10 & Under: 5pm - 6pm

11 & Up: 6pm - 7pm

Session 1: Sept 20 - Oct. 13

Session 2: Oct. 28 - Nov 17



Sat. Only - Sept. 25 - Nov. 13 from 10:00-11:00 am

### Private Swimming Lessons—\$30 per half hour

This program offers one-on-one or semi-private (2-3 swimmers of equal ability level) swim lessons for children & adults. The emphasis can be for learning to swim or improving stroke technique.



### American Red Cross Lifeguarding Lifeguard Instructor Training (Blended Learning)

Provides entry-level participants the knowledge and skills to prevent, recognize and respond to aquatic emergencies and to provide care for breathing and cardiac emergencies, injuries and sudden illnesses until EMS personnel take over. **August - December classes available!** Register online or contact the aquatics supervisor for more information.



### American Red Cross CPR/AED and First Aid Training (Blended Learning)

This course will prepare you to recognize and care for a variety of first aid, breathing, and cardiac emergencies involving adults, children and infants and meets OSHA/workplace requirements. Contact the aquatics supervisor to schedule your training today!



### Rec2Connect

The vision of **Rec2Connect** is to connect people with special needs, and their families, to community recreation, wellness, and lifetime leisure skills through innovative recreation therapy programming. For more info, contact Jen Knott at 1.330.703.9001 or [jen@rec2connect.org](mailto:jen@rec2connect.org).



### SwimSations

SwimSations is a new and unique play-based aquatic therapy program for children with sensory processing challenges. For more info, contact Kristen Pataki at 440.567.3648 or [kristen.pataki@gmail.com](mailto:kristen.pataki@gmail.com).

