

Spring & Summer Group Learn-to Swim

(For group descriptions, go to 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.



Spring Session:

Members: \$40 | Non-Members: \$50
Mon. Only—April 26th to May 24th
Wed. Only—April 28th to May 26th
Sat. Only—April 24th to May 22nd

Level	Mon PM	Wed PM	Sat AM
Starfish	XXXX	XXXXX	9:30-10 10-10:30 10:45-11:15
Tadpole (Pre 1)	4:30-5 5-5:30 6:15-6:45	4:30-5 5-5:30 6:15-6:45	9:30-10 10:00-10:30 11:30-12:00
Frog (Pre 2)	4:30-5 5-5:30 6:15-6:45	4:30-5 5-5:30 6:15-6:45	9:30-10 10-10:30 10:45-11:15
Stingray (Pre 3)	5-5:30	5:45-6:15	10:45-11:15 11:30-12
Turtle (L 1)	5:00-5:30 5:30-6:00	5:00-5:30 5:30-6:00	10-10:30 10:45-11:15
Penguin (L 2)	5:30-6:15	5:30-6:15	10:30-11:15 11:15-12
Sea Otter (L 3)	5:30-6:15	5-5:45	10:30-11:15 11:15-12
Dolphin (L 4-6)	5:30-6:15	5:30-6:15	11:15-12



Summer Sessions:

Members: \$50 | Non-Members \$60
Mon. PM Only—June 21st to Aug. 9th
Wed. PM Only—June 23rd to Aug. 11th
Sat. Only—June 19th to August 7th

Monday through Thursday AM Sessions:

Session #1: June 21st to July 1st
Session #2: July 12th to July 22nd
Session #3: Aug. 2nd to Aug. 12th

Level	Mon or Wed PM	Mon-Thurs AM	Sat AM
Starfish	XXXX	XXXX	9:30-10 10-10:30 10:45-11:15
Tadpole (Pre 1)	4:30-5 5-5:30 6:30-7	9:30-10 10:45-11:15	9:30-10 10-10:30 11:30-12
Frog (Pre 2)	4:30-5 5-5:30 6:30-7	9:30-10 10:45-11:15	9:30-10 10-10:30 11:30-12
Stingray (Pre 3)	4:30-5 6:30-7	11:30-12	9:30-10 11:30-12
Turtle (L 1)	4:30-5 5:45-6:15 6:30-7	9:30-10 10:45-11:15	9:30-10 10:45-11:15 11:30-12
Penguin (L 2)	5:00-5:45 5:45-6:30	10:00-10:45 11:15-12:00	10-10:45 10:45-11:30
Sea Otter (L 3)	5:00-5:45 5:45-6:30	10:00-10:45 11:15-12:00	10-10:45 10:45-11:30
Dolphin (L 4-6)	5:45-6:30	10-10:45	10:45-11:30



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

Other Aquatic Programs

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).

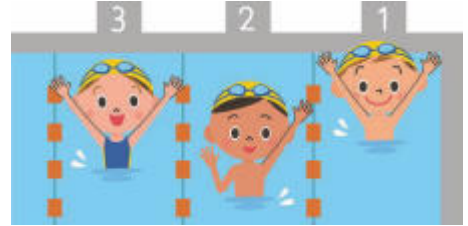
Spring Swim Team Session

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

Mon. Only—April 19 - May 24 from 6:15-7:15 pm

Wed. Only—April 21 - May 26 from 4:30-5:30 pm
(11 and over) & 6:15-7:15 pm

Sat. Only—April 24 - May 29 from 9:30-10:30 am



Summer Swim Team Session

Members \$80 & Non-Members \$90

June 7th to July 31st

10 and under: Mon. & Wed. from 5-6 pm and Tues. and Thur. from 10-11 am

11 and over: Mon. & Wed from 6-7 pm and Tue. & Thurs. from 10-11:30 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. **April, May, June and July 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.



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.