



Splash Swim School at ABK

Our Philosophy:

Swimming is one of life's necessary skills and Splash Swim School offers the best quality swim instruction for all children. With our state of the art swimming pool, warm water and saline filtration, your child will have the perfect learning environment. Your child will learn at a faster rate and gain the necessary skills to be safer around the water. We have a 4 to 1 ratio for the lower level classes and a 5 to 1 ratio for the higher levels swimmers. Minnow & Me classes have a ratio of 8 to 1 due to the assistance of parent participation. Our program is based on safety and positive learning environment for your child. We take the roll we play in your child's life very seriously. Not only do we want your child to gain the love of the water, but also teach them the skills that boost their self-esteem and general athleticism outside of the pool.

Our Curriculum:

Our curriculum has been adapted from years of teaching experience from our staff and from other independent swim schools nationwide. We combine up-to-date instruction style and techniques using the latest swim aids on the market to assist your child in learning at a faster pace.

INFANT & PRESCHOOL SWIM

Minnow & Me Classes (ages 0 to 3)

Parent participation required

Minnow & Me classes begin with water acclimation and moves the child towards developing independent movement through the water. Other class objectives include back floating, rolling from front to back and proper kicking. Parents participate with their child in class.

Dolphin Level 1 (ages 3—5)

Class goals: Become comfortable in the water w/o floatation, putting face in the water, including eyes, blow bubbles mouth & nose, back float supported & jumping into the pool with assistance. Swim out to the teacher and learning to roll over for breaths & rest.

Dolphin Level 2 (ages 3—5)

Class goals: Swim width of pool with proper side breathing. Roll to back for rest when tired. Swim width of pool on back. Ready to start swimming lengths.

Dolphin Level 3 (ages 3—5)

Class goals: Swim independently the length of the pool on front with proper side breathing and able to swim on their back. Work on elementary backstroke, breaststroke, side-stroke, & butterfly.

Make up Classes will not be available due to our limited class size. In lieu of a make up class you can arrange for an open swim pass at the front desk. Passes must be used within a 2 month time frame.

1914 Skypark Drive * Medford, OR 97504
(541) 245-0432 * Fax (541) 245-1582 *
www.abkkids.com

SCHOOL AGE SWIM

Sharks Level 1 (ages 5 & up)

Class goals: Become comfortable in the water w/o floatation, putting face in the water, including eyes, blow bubbles-mouth & nose, back float supported & jumping into the pool with assistance. Swim out to the teacher and learn to roll over for breaths & rest. Swim width of pool on tummy & back.

Sharks Level 2 (ages 5 & up)

Class goals: Swim length of pool with proper side breathing. Roll to back for rest when tired. Swim length of the pool on back. Introduction to all strokes.

Sharks Level 3 (ages 5 & up)

Class goals: Swim independently the length of the pool on front with proper side breathing and able to swim on their back. Work on elementary backstroke, breaststroke, side-stroke, & butterfly.

Swim Team Prep (ages 5 & up)

This class is designed to increase endurance and finesse the strokes of the children who just enjoy swimming or have intentions of proceeding to swim team.

FREE Evaluation

- Free Instructor Evaluation of swim ability
- 1 Full hour Open Swim
- No Obligation

Call today to sign up! 245-0432



ULTIMATE: 3x/week \$99.00/mo

QUICKSTART: 2x/week \$74.00/mo

BASIC: 1x/week \$42.00/mo

SCHOOL AGE SWIM CLASSES

Class size: 4/5
Ages 5 & up

Shark Level 1

Mon	4:00				
Tues	5:00	6:00			
Wed	4:00				
Thurs	2:30	5:00			
Fri	3:00	3:30	4:30	6:30	

Shark Level 2

Mon	2:30	3:30	5:00		
Tues	12:00	3:30			
Wed	3:30	5:00	6:30		
Thurs	3:00	3:30	4:00	4:30	5:30
Fri	2:30	5:30			
Sat	11:00	11:30			

Shark Level 3

Mon	4:30				
Tues	4:30				
Wed	4:30				
Fri	4:00				
Sat	9:30	10:00	10:30		

Swim Team Prep*

Tues	5:30	Guard Start	Jr.Lifeguard
Thurs	3:30	Swim Team	Prep

**Swim Team Prep is a one hour class and is \$69 per month*

All italicized times are morning classes

MINNOW & ME

Ages 0 to 3 yrs Class size: 8 Parent participation required

Mon	9:30	10:30	6:00
Tues	6:30		
Wed	10:00		
Thurs	10:00		
Fri	10:30	6:00	
Sat	9:00		

PRESCHOOL SWIM CLASSES

Ages 3 to 5 Class size: 4

Dolphin Level 1

Mon pm	9:00	6:30		
Tues	9:30	11:00	11:30	5:00
Wed am	9:30	11:00	11:30	
Wed pm	3:00	4:30	6:00	7:00
Thurs am	9:00	9:30	11:00	11:30
Thurs pm	6:00	6:30		
Fri	10:00	11:00		
Sat	9:30	10:00	10:30	11:00

Dolphin Level 2

Mon	11:00	3:00	5:30		
Tues	10:00	10:30	3:00	4:00	5:30
Wed am	10:30	2:30	5:30		
Thurs	10:30				
Fri	9:30	11:30	5:00		
Sat	9:00	11:30			

Dolphin Level 3

Mon	10:00	11:30
Tues	2:30	6:30
Fri	9:00	
Sat		

REGISTRATION FEES

Individual Membership \$30.00 /year Family Membership \$60.00/year

All programs are included in your membership and members receive discounts on Special Events, Parent's Night Out, and Camps.

245-0432