



KROC
CENTER
OMAHA

2825 Y Street
Omaha, NE 68107
402-905-3500

www.OmahaKroc.org



Kroc

SWIM LESSONS

Splash. Swim. Learn. Play.



WET & WATER SAFE

We love helping students and families **build confidence** in and around the water! Our certified Red Cross instructors splash-in the perfect blend of **fun and water safety**. Swimmers will improve their strokes and learn **important life skills**, like how to tread water and boat safety. We make getting in the water **easy and stress-free**.



DID YOU KNOW?

Reasons *WHY* Kroc Swim Lessons Rock:

- **Attentive Teachers**
All Learn-to-Swim courses are 6 students to 1 instructor.
- **For all Ages**
Baby Crocodiles on up to Adult, we accommodate for your need.
- **Free Swim Evaluation**
Not sure of you or your child's level? We can schedule a free consultation.
- **Semi-Private & Private Lessons**
Sometimes personalized one-on-one or two-on-one focus is best. Available in single or bundle packages.

ABOUT CLASSES

Our year-round classes are scheduled to meet the demands of busy families.

- Each session consists of 8 classes. Lessons are available once a week: Tuesday evenings or Saturday mornings.
- During the summer, we offer **FAST TRACK** sessions, to speed up learning time. These are 2 weeks long, and swimmers meet 4 times a week, M - Th.



HOW TO REGISTER:

- Submit a completed enrollment form to the Kroc Center Welcome Desk, with payment
- Register online by selecting course choice and submitting payment online. Look for the Aquatic Program's Swim Lessons at www.omahakroc.org

Season

Adaptive | Age 5+ yrs

Members: \$45 Non: \$65

Our adaptive lessons are specifically geared toward those with special needs. Classes are tailored toward the goals of participants. Students are pushed to gain more knowledge on aquatic skills and aquatic environment safety.

Adult | Age 13+ yrs

Members: \$45 Non: \$65

Intended for teens and adults with different levels of comfort and skills in the water. Our instructors will be able to work with each participant to help gain skills they want/need to learn.

Float 4 Life | Age 6 mo. - 3 yrs

Members & Non: \$60

A fifteen-minute one on one class for children to learn how to float on their back and swim to safety.

Baby KROCodiles | Age 6 mo. - 3 yrs

Members: \$45 Non: \$65

Encourages participation from both the parent or guardian and child. This includes water adjustment, exploration, and skills through games, songs, and nursery rhymes.

Preschool 1 | Age 2 - 5 yrs

Members: \$45 Non: \$65

This class is designed to orient participants to the aquatic environment and water adjustment. This includes introduction to floats, glides and underwater exploration.

Preschool 2 | Age 3 - 5 yrs

Members: \$45 Non: \$65

Participants begin performing skills at a slightly more advanced level. This class marks the beginning of independent aquatic skills.

Level 1 | Age 5 - 12 yrs

Members: \$45 Non: \$65

This class introduces basic aquatic skills such as entering and exiting the water, fully submerging, front and back floats, glides, and front crawl with good form for short distances.

Level 2 | Age 5 - 12 yrs

Members: \$45 Non: \$65

Reviews and develops strokes learned in Level 1. It also includes swimming longer distances, building endurance, deep-water exposure, and an introduction to treading water.

Level 3 | Age 5 - 12 yrs

Members: \$45 Non: \$65

Expand proficiency of previously learned skills in Level 2. Students will learn and practice survival floating and learn to swim front crawl and elementary backstroke at rudimentary proficiency levels. Scissor kicks, dolphin kicks, and dives will be introduced.

Level 4 | Age 5 - 12 yrs

Members: \$45 Non: \$65

Designed to improve participants' aquatic skills and build endurance by swimming the strokes that were learned in Level 3 for greater distances and at a more advanced proficiency. New skills learned include sidestroke, breaststroke, butterfly, open turns, and continuation of dives from the side of the pool.

Level 5/6 | Age 5 - 12 yrs

Members: \$45 Non: \$65

Students will refine their performance of all six strokes and increase the distances they swim. New skills students will learn are flip turns on the front and back and competitive starts from the starting block.

REMINDERS

- Everyone must check in at the Welcome Desk 10-15 minutes early. All adult visitors 19+ MUST have an ID to enter on their first visit.
- All children not toilet trained must wear a swim diaper.
- Parents must stay seated in designated areas while lessons are in session. If child is 11 yrs of age or younger an adult must stay in the Aquatics area the entire time.
- **Make-up lessons:** If the Kroc Center cancels a lesson, there will be direct communication of the make-up day. There are no makeups for missed lessons. Call 402-905-3500, option 4, for schedule updates and cancellations.
- No refunds. Special circumstances may apply.



The Kroc's Swim Team is making waves! After your child passes Level 4, consider Swim Team the next step!





Kroc Aquatics

Aquatics Manager: 402-905-3592