

Children's Swim Lessons

January 7 - March 3	Mon	Tues	Wed	Thu	Fri	Sat	Sun.
Parent/Child (6 months - 3 years)	6:30pm	6:30pm	6:30pm			10:00am 11:30am	
Beginner		4:15pm 5:00pm 5:45pm	5:45pm	4:15pm 5:00pm		10:00am 11:30am 12:15pm	11:45am
Advanced Beginner	5:45pm	4:15pm 5:00pm 5:45pm	5:45pm	4:15pm 5:00pm 5:45pm		10:45am	11:00am
Intermediate	5:45pm	4:15pm 5:00pm 5:45pm		4:15pm 5:00pm 5:45pm		10:00am 10:45am 11:30am	
Advanced Intermediate		4:15pm 5:00pm		4:15pm 5:00pm		11:30am	
Pre-Swim Team Training			5:45pm			10:45am	
Cornerstone Vapors**		6:00pm		6:00pm			

Adult Swim Lessons

Mixed Level Adult Group	10:30am	3:30pm		3:30pm		12:15pm	
--------------------------------	---------	--------	--	--------	--	---------	--

**Registration begins 12/10 for returning participants and 12/17 for new participants.
Sessions include 1 class per week.**

\$136/Members & \$224/Guests

REGISTRATION OPTIONS:

Please visit : <http://www.cornerstoneclubs.com> for more information and to register for lessons online. If you would prefer to register over the phone, please call 215-918-5900. If you need assistance with level placement, please contact Dot Maybaum, Aquatics Director, at 215-918-5900 or Dmaybaum@cornerstoneclubs.com.

OUR PROGRAM:

With the lowest instructor-to-swimmer ratio in the area and superior instruction and evaluation techniques, our program allows kids to learn and grow at a rapid rate! Lessons are once per week, 40 minutes in length (Parent/Child—30 min).

Private and semi-private lessons are also available. Please contact the Aquatics Department to schedule.

Program Notes

- Parents or guardians must remain onsite during programs.
- Non-participating children ages 1-10 are required to use the CornerKids Playroom or wait with a parent or guardian in the atrium. Classes are occasionally offered outside of playroom operating hours. This service is free of charge to siblings of program participants!

Monday-Thursday	8:30-1:00 + 4:00-8:30
Friday	8:30-1:00
Saturday	8:30-2:00
Sunday	9:00-1:00
- Payment is required at the time of registration.
- Refunds will only be issued if Cornerstone cancels a swim program OR a participant withdraws from the swim program at least 48 hours prior to the first day of the swim session. Pro-rated credit (via Cornerstone Gift Card) will be issued to participants who withdraw from the swim program within 48 hours of the start date for any reason. No credit will be issued to participants who withdraw after this time except in the case of prolonged illness or injury.
- After the first week of a swim session, classes with one child will be cancelled and/or consolidated. A class can remain scheduled with one child if that parent/guardian pays the upgrade fee for the session.
- Parents and children are highly encouraged to use the Family Locker Room for changing and showering. In the event that these rooms are occupied, families are permitted to use the Women's and Men's Locker Rooms as an additional option. We ask that parents accompany same sex children into the appropriate locker room up until the age of 6. Children over the age of 6 may use the appropriate locker room as long as they act according to proper locker room etiquette.
- All participants must follow program safety rules.
- Program schedules are tentative and classes may be changed or cancelled at any time.
- Parents and guests must observe swim lessons from outside the pool area unless an invited observation is scheduled.
- Parents must sign in for swim lessons at the pool each week.
- Cornerstone Fitness and Spa is a cell phone free zone. Please make and take calls from the atrium.
- Fitness equipment and stretching areas are for adult member use only.
- Please refrain from taking photos/video during swim lessons. Under special circumstances, Management may approve photos to be taken.

Pre-requisites + Program Progression

Parent/Child 6 months - 3 years 6 per class

Taught in warm water with parent/guardian. Adjustment, exploration, submersion, body positioning, and introductory skill work will be taught using songs and games. Swim diapers and rubber pants required.

Beginner 3+ yrs. 3 per class

Must have the ability to follow directions from staff on safety and skills. Safety, submersion, adjustment, and horizontal body positioning will be taught.

Advanced Beginner 3 per class

Independent submersion without hesitation and comfort in a horizontal position (front and back) with support. Development of independent body positioning skills and basic strokes will be taught. Goggles optional.

Intermediate 3 per class

Independent completion of floats, glides, kicking, and a few strokes required. Continued development of independence and endurance will be developed. Goggles and caps (for long hair) recommended.

Advanced Intermediate 4 per class

Must be able to swim 10+ yards (front and back) without support and have knowledge of freestyle, backstroke, breaststroke, and elementary backstroke. Coordination of strokes will be taught. Goggles and caps (for long hair) recommended.

Pre-Swim Team Training 5 per class

Must have endurance to swim consistent lengths and correct stroke coordination of freestyle, backstroke, breaststroke, and elementary backstroke. Efficiency, strength, and stroke length will be developed. Goggles and caps (for long hair) recommended.

Competitive Skills Focus 6 per class

Now offered as a supplement to the Vapors program with practices only being 1 time per week for an hour. Competitive skills (butterfly, turns, and stroke refinement) will be introduced. Goggles and caps (for long hair) recommended.

Cornerstone Vapors 6-8 per class

Cornerstone's developmental team (meaning not competitive) will meet two times per week. A swim meet will be held at the end of the session - but strictly for fun. Swimmers interested in becoming a Vapor must be 6 years of age or older and have previous swim team experience or test out with the Aquatics Director prior to joining the team.

Adult Level 3-5 per class

From novice to those seeking stroke improvement, we want to teach you to swim better and faster with more efficiency and fun. Cornerstone Instructors provide a relaxed, positive environment individualized to each participant's needs and goals. At registration, please share your skill level and goals so we can group participants into classes with others near or at similar skill levels.