



**APS SWIM SCHOOL – SUMMER 2024**

Mon-Tue-Wed-Thu– July 8 – July 18 (Mornings)  
 Mon-Tue-Wed-Thu – July 22 – Aug 1 (Mornings)  
 Monday & Wednesday – July 8 – July 31 (Evenings)  
 Tuesday & Thursday – July 9- Aug 1 (Evenings)  
 Saturday – July 6- Aug 24

**Fees: \$89.95/Session**



Students must attend the SAME class for the entire session.

REGISTER USING THIS LINK – [APS AQUATICS SELF-SERVICE PORTAL](#)

**Online Registration for Arlington Residents ONLY opens JUNE 6, 2024, at 8:30 AM**

Classes are NOT open to non-Arlington residents

PLEASE NOTE THAT THE SCHEDULE LISTED HERE MAY BE SUBJECT TO CHANGE BASED ON STAFF AVAILABILITY.  
 THE SCHEDULE ON THE REGISTRATION PORTAL WILL BE KEPT UP TO DATE AS NEW CLASSES ARE ADDED.

Course	Day (S)	Dates	Times	Pool
 <b>BABIES &amp; TODDLERS (B&amp;T) (6 MOS-3 YEARS OLD)</b> Babies and Toddlers focuses on building confidence and comfort in the water with a fun and loving experience while educating adults in water safety and drowning prevention. This course does NOT teach children to swim or to survive in the water. The course is organized into five (5) color learning phases: WHITE: trust and comfort, RED: body positions, YELLOW: submersion, BLUE: air recovery and rollover, and GREEN: forward movement. One adult must be in the water, and a second adult is welcome.	SATURDAY	July 6 – Aug 24	9:45 AM 10:15 AM	WAKEFIELD
		July 6 – Aug 24	9:00 AM – 9:30 AM	WASHINGTON-LIBERTY
		July 6 – Aug 24	11:00 AM – 11:30 AM	YORKTOWN
	MON-TUE-WED-THU	July 8 - July 18	9:00 AM – 9:30 AM	WAKEFIELD
MON & WED	July 8 - July 31	4:00 PM – 4:30 PM	WASHINGTON-LIBERTY	
MON-TUE-WED-THU	July 22 – Aug 1	9:45 AM – 10:15 AM	WASHINGTON-LIBERTY	
 <b>PRE-K SCHOOL (3-5 YEARS OLD):</b> Pre-K uses fun activities to develop comfort in the water, fundamental swim skills, and water safety skills. Children will be assessed and placed into one of five learning phases. As they progress, children will learn fundamental swim skills through five color learning phases: WHITE: submersion, RED: body position and air recovery, YELLOW: forward movement and direction change, BLUE: rotary movement, and GREEN: integrated movement. Each learning phase also includes water safety and self-rescue skills.	SATURDAY	July 6 – Aug 24	10:20 AM – 10:50 AM	WAKEFIELD
	SATURDAY	July 6 – Aug 24	9:30 AM – 10:00 AM	WASHINGTON-LIBERTY
	SATURDAY	July 6 – Aug 24	9:40 AM – 10:10 AM	YORKTOWN
	MON-TUE-WED-THU	July 8 – July 18	10:35 AM – 10:55 AM	WAKEFIELD
	MON-TUE-WED-THU	July 8– July 18	8:55 AM – 9:25 AM	WASHINGTON-LIBERTY
	MON & WED	July 8 – Jul 31	5:30 PM – 6:00 PM	WAKEFIELD
	MON & WED	July 8 – Jul 31	4:40 PM – 5:10 PM	WASHINGTON-LIBERTY
	TUE & THU	July 9- Aug 1	4:00 PM – 4:30 PM	WASHINGTON-LIBERTY
	TUE & THU	July 9- Aug 1	4:30 PM – 5:00 PM	YORKTOWN
	MON-TUE-WED-THU	July 22 – Aug 1	10:35 AM – 10:55 AM	WAKEFIELD
	MON-TUE-WED-THU	July 22 – Aug 1	9:00 AM – 9:30 AM	WASHINGTON-LIBERTY



**KINDER SWIM SCHOOL (3-5 YEARS OLD):** **PRE-REQUISITE:** Ability to enter the water independently and voluntarily submerge face in water. This course is best suited for children 3-5 years old who ARE comfortable in a large group setting and ready to enter the water voluntarily and independently of a parent. KINDER SWIM uses fun activities to develop comfort in the water, fundamental swim skills, and water safety skills. Children will be assessed and placed into one of five learning phases: **WHITE:** submersion and breath control, **RED:** body position and air recovery, **YELLOW:** forward movement and direction change, **BLUE:** rotary movement, and **GREEN:** integrated movement. Each learning phase also includes water safety and self-rescue skills.

SATURDAY	July 6 – Aug 24	11:00 AM – 11:30 AM	WAKEFIELD
SATURDAY	July 6 – Aug 24	10:15AM – 10:45 AM	WASHINGTON-LIBERTY
SATURDAY	July 6 – Aug 24	10:30 AM – 11:00 AM	YORTOWN
MON-TUE-WED-THU	July 8 – July 18	9:55 AM – 10:25 AM	WAKEFIELD
MON-TUE-WED-THU	July 8 – July 18	9:30 AM – 10:00 AM	WASHINGTON-LIBERTY
MON-TUE-WED-THU	July 8 – July 18	11:05 AM – 11:35 AM	WASHINGTON-LIBERTY
MON & WED	July 8 – July 31	4:50 PM – 5:20 PM	WAKEFIELD
MON & WED	July 8 – July 31	6:10 PM – 6:40 PM	WAKEFIELD
MON & WED	July 8 – July 31	5:20 PM – 5:50 PM	WASHINGTON-LIBERTY
TUE & THU	July 9- Aug 1	4:40 PM – 5:10 PM	WASHINGTON-LIBERTY
TUE & THU	July 9- Aug 1	5:20 PM – 5:50 PM	WASHINGTON-LIBERTY
TUE & THU	July 9- Aug 1	5:10 PM – 5:400 PM	YORTOWN
MON-TUE-WED-THU	July 22 – Aug 1	9:55 AM – 10:25 AM	WAKEFIELD
MON-TUE-WED-THU	July 22 – Aug 1	10:25 AM – 10:55 AM	WASHINGTON-LIBERTY

**SWIM SCHOOL (6-13 YEARS OLD):** Swim School uses age-appropriate activities to develop fundamental swim and water safety skills. Children will be assessed and placed into one of five learning phases. As they progress, children will learn fundamental swim skills through five color learning phases: **WHITE:** submersion, **RED:** body position and air recovery, **YELLOW:** forward movement and direction change, **BLUE:** rotary movement, and **GREEN:** integrated movement. Each learning phase also includes water safety and self-rescue skills. After completing the **GREEN** learning phase, the swimmer may enroll in **STROKE SCHOOL**.



SATURDAY	July 6 – Aug 24	9:00 AM – 9:45 AM	WAKEFIELD
SATURDAY	July 6 – Aug 24	10:55 AM – 11:40 AM	WASHINGTON-LIBERTY
SATURDAY	July 6 – Aug 24	9:00 AM - 9:45 AM	YORTOWN
MON-TUE-WED-THU	July 8 – July 18	11:15 AM – 12:00 PM	WAKEFIELD
MON-TUE-WED-THU	July 8 – July 18	10:10 AM – 10:55 AM	WASHINGTON-LIBERTY
MON & WED	July 8 – July 31	4:00 PM – 4:45 PM	WAKEFIELD
MON & WED	July 8 – July 31	6:00 PM – 6:45 PM	WASHINGTON-LIBERTY
TUE & THU	July 9- Aug 1	6:00 PM – 6:45 PM	WASHINGTON-LIBERTY
TUE & THU	July 9- Aug 1	5:50 PM – 6:25 PM	YORKTOWN
MON-TUE-WED-THU	July 8 – July 18	9:00 AM – 9:45 PM	WAKEFIELD
MON-TUE-WED-THU	July 8 – July 18	11:05 AM – 11:50 AM	WASHINGTON-LIBERTY



**STROKE I SCHOOL (6-13-YEARS OLD):** **PRE-REQUISITE:** Swimmers must be able to tread water and survival float for at least 30 seconds AND swim basic freestyle stroke with "swim-roll-swim" or rotary (side) breathing. Stroke I provides a transition for swimmers who have completed Swim School – Green or who are coming from another program. The course, taught in the Competition Pool, will focus on endurance, deep water confidence and refining fundamental skills and introducing stroke mechanics for all six strokes. Swimmers will develop Beginner Level competency in four learning levels: **WHITE:** Freestyle, **RED:** Backstroke, **YELLOW:** Butterfly, **BLUE:** Breaststroke. After successful completion of **STROKE I**, swimmers may enroll in **STROKE II**

SATURDAY	July 6 – Aug 24	9:30 AM – 10:15 AM	WAKEFIELD
SATURDAY	July 6 – Aug 24	9:00 AM – 9:45 AM	WASHINGTON-LIBERTY

SATURDAY	July 6 – Aug 24	11:00 AM – 11:45 AM	YORTOWN
MON-TUE-WED-THU	July 8 – July 18	9:00 AM – 9:45 AM	WAKEFIELD
MON-TUE-WED-THU	July 8 – July 18	9:45 AM – 10:30 AM	WASHINGTON-LIBERTY
MON & WED	July 8 – July 31	4:00 PM – 4:45 PM	WAKEFIELD
MON & WED	July 8 – July 31	5:00 PM – 5:45 PM	WASHINGTON-LIBERTY
TUE & THU	July 9- Aug 1	5:30 PM – 6:15 PM	WASHINGTON-LIBERTY
TUE & THU	July 9- Aug 1	5:00 PM – 5:45 PM	YORKTOWN
MON-TUE-WED-THU	July 22 – Aug 1	9:00 AM – 9:45 AM	WAKEFIELD
MON-TUE-WED-THU	July 22 – Aug 1	9:45 AM – 10:30 AM	WASHINGTON-LIBERTY



**STROKE II SCHOOL (6-13-YEARS OLD):** **PRE-REQUISITE:** Swimmers must have completed Stroke I or be able to tread water and survival float for at least 1 min seconds AND perform the 6 strokes at a Beginner Level or better.

Building on stroke mechanics learned in Stroke I, this course will focus on stroke refinement to increase efficiency and endurance. Swimmers will progress through the advanced level of the five color learning phases: **WHITE:**

Freestyle, **RED:** Backstroke, **YELLOW:** Butterfly, **BLUE:** Breaststroke, and **GREEN:** Endurance. Each learning phase also includes water safety start dives and turns, and self-rescue skills. After completing the Stroke GREEN learning phase, the swimmer may enroll in **Aqua Academy**, and have the confidence and skill to join a competitive swim team, if desired.

SATURDAY	July 6– Aug 24	10:20 AM – 11:05 AM	WAKEFIELD
SATURDAY	July 6– Aug 24	9:55 AM - 10:40 AM	WASHINGTON-LIBERTY
SATURDAY	July 8 – Aug 26	10:00 AM – 10:45 AM	YORKTOWN
MON-TUE-WED-THU	July 8– July 18	10:00 AM – 10:45 AM	WAKEFIELD
MON-TUE-WED-THU	July 8 – July 18	10:40 AM – 11:25 PM	WASHINGTON-LIBERTY
MON & WED	July 8 – July 31	4:55 PM – 5:40 PM	WAKEFIELD
MON & WED	July 8 – July 31	5:55 PM – 6:40 PM	WASHINGTON-LIBERTY
TUE & THU	July 11- Aug 3	4:30 PM – 5:15 PM	WASHINGTON-LIBERTY
TUE & THU	July 9 - Aug 1	5:55 PM – 6:40 PM	YORKTOWN
MON-TUE-WED-THU	July 22 – Aug 1	10:00 AM – 10:45 AM	WAKEFIELD
MON-TUE-WED-THU	July 22 – Aug 1	9:00 AM – 9:45 AM	WASHINGTON-LIBERTY



**ORANGE ACADEMY (WATER POLO) (6-13 YEARS OLD):** Pre-requisite: Swimmers must be able to tread water for 2 minutes AND swim 25 yards each of freestyle and backstroke.

Description: Swimmers will be introduced to fundamental water polo skills including treading water, passing, shooting, and game strategy. Classes will consist of skill development, endurance/strength training, and game play

MON & WED	July 8– July 31	6:15 PM – 7:05 PM	WASHINGTON-LIBERTY
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**AQUA ACADEMY (FITNESS):** Pre-requisite: Swimmers must be able to tread water and survival float for 2 minutes AND swim 25 yards each of freestyle, backstroke, breaststroke, and butterfly.

Description: Swimmers will continue to improve and refine the four competitive strokes in addition to learning starts, turns and training strategies. Advanced swimming skills such as surface and springboard diving will also be introduced. Coaches will provide a 40-minute swimming workout followed by 10 minutes of instruction in new/advanced skills. This Academy aims to provide a swim team-like experience without the pressures of competition.

MON & WED	July 8 – July 31	6:50 PM – 7:40 PM	WASHINGTON-LIBERTY
TUE & THU	July 9– Aug 1	6:45 PM – 7:35 PM	YORKTOWN

**ADULT SWIM SCHOOL (14 and older):**

Swimmers will work in groups of similar skill levels to develop fundamental swimming competencies such as front and back floating, body position and air recovery. Introduction to deep water safety skills are also included. Groups will focus on developing fundamental swim skills or refining the four competitive swim strokes and building endurance, depending on swimmer interests and goals.

SATURDAY	Jul 8- Aug 26	11:40 AM – 12:25 PM	WAKEFIELD
SATURDAY	Jul 8- Aug 26	8:15 AM – 9:00 AM	WASHINGTON-LIBERTY
MON-TUE-WED-THU	July 8 – July 18	8:00 AM – 8:45 AM	WAKEFIELD
MON & WED	Jul 8 – July 31	6:50 PM – 7:40 PM	WAKEFIELD

<b>MON &amp; WED</b>	<b>Jul 10 – Aug 2</b>	<b>7:00 PM – 7:45 PM</b>	<b>WASHINGTON-LIBERTY</b>
<b>TUE &amp; THU</b>	<b>Jul 11 – Aug 3</b>	<b>6:30 PM – 7:15 PM</b>	<b>WASHINGTON-LIBERTY</b>
<b>MON-TUE-WED-THU</b>	<b>July 22 – Aug 1</b>	<b>8:00 AM – 8:45 AM</b>	<b>WASHINGTON-LIBERTY</b>
<b>ADULT STROKE SCHOOL (14+ YEARS OLD): THE ADULT STROKE SCHOOL WILL FOCUS ON STROKE DEVELOPMENT AND REFINEMENT AND INCLUDE strength and endurance drills. Participants must be able to float and streamline on the front, back, and side, or have basic knowledge of the freestyle and backstroke, and be able to tread water for 1 minute and be comfortable in deep water. If you are currently participating in Adult Swim School, ask you Coach if you should register for Stroke!</b>			
<b>SATURDAY</b>	<b>Jul 8- Aug 26</b>	<b>11:40 AM – 12:25 PM</b>	<b>WAKEFIELD</b>
<b>SATURDAY</b>	<b>Jul 8- Aug 26</b>	<b>8:15 AM – 9:00 AM</b>	<b>WASHINGTON-LIBERTY</b>
<b>MON-TUE-WED-THU</b>	<b>July 8 – July 18</b>	<b>8:00 AM – 8:45 AM</b>	<b>WAKEFIELD</b>
<b>MON &amp; WED</b>	<b>Jul 8 – July 31</b>	<b>6:50 PM – 7:40 PM</b>	<b>WAKEFIELD</b>
<b>MON &amp; WED</b>	<b>Jul 8 – July 31</b>	<b>7:00 PM – 7:45 PM</b>	<b>WASHINGTON-LIBERTY</b>
<b>TUE &amp; THU</b>	<b>July 9 – Aug 1</b>	<b>7:45 PM – 8:30 PM</b>	<b>WASHINGTON-LIBERTY</b>
<b>MON-TUE-WED-THU</b>	<b>July 22 – Aug 1</b>	<b>8:00 AM – 8:45 AM</b>	<b>WASHINGTON-LIBERTY</b>
<b>DIVING (6-13 YEARS OLD):</b> Pre-requisite: Students must be able to tread water for 1 minute AND swim 25 yards without stopping. Diving introduces participants to diving safety, proper use of the springboard, and dives based on the student’s skill level. As students’ progress, they will learn more advanced dives.			
<b>Diving School will return in the FALL</b>			
<b>THANK YOU FOR CHOOSING THE APS AQUATICS SCHOOL</b>			

<b>APS SWIM SCHOOL – CALENDAR 2024-2025</b>				
<b>TERM</b>	<b>SESSION 1</b>	<b>SESSION 2</b>	<b>SESSION 3</b>	<b>SESSION 4</b>
<b>SUMMER</b> <b>Registration (8:30 am)</b>	<b>Week day morning, evenings &amp; Saturday</b>			
	July 8 - July 18	July 6 - Aug 24	July 8 - Aug 1	
	July 22 - Aug 1			
<b>June 6, 2024</b>				
<b>FALL (Regular)</b> <b>Registration 8:30 am</b>	Sept 9 - Oct 8 <b>Aug 6</b>	Sept 14 - Nov 2 <b>Aug 8</b>	Oct 15 - Nov 13 <b>Oct 1</b>	Nov 18 - Dec 17 <b>Oct 31</b>
<b>FALL (Mini)</b> <b>Registration 8:30 am</b>		Nov 9 - Dec 14 <b>Oct 24</b>		
<b>WINTER</b> <b>Registration 8:30 am</b>	Jan 6-Feb 3 <b>Dec 17</b>	Jan 11-Mar 15 <b>Dec 19</b>	Feb 10-Mar 10 <b>Jan 23</b>	Mar 12 – April 8 <b>Feb 13</b>
<b>SPRING</b> <b>Registration 8:30 am</b>	Apr 22-May 15 <b>April 3</b>	April 26-Jun 14 <b>April 10</b>	May 20-Jun 18 <b>May 1</b>	

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