



**Department of Recreation, Parks and Cultural Activities**  
**Chinquapin Park Recreation Center**  
**Early Spring 2013 Learn to Swim Aquatic Classes**

Registration for early spring classes opens at 9 a.m. on Wednesday, February 20 for City residents and Friday, March 1 for nonresidents. To view and register for class offerings, visit [www.alexandriava.gov/recreation](http://www.alexandriava.gov/recreation) and click on the WebTrac tab at the top of the page.

Early spring 2013 Aquatic classes are held at the Chinquapin Park Recreation Center Pool. The Learn to Swim program provides opportunities for achievement and smooth transitions between levels of instruction. Activities stimulate interest, and motivate students to advance to the next level of swim instruction. Each level addresses topics such as personal safety, rescue skills, diving and diving safety. The Infant and Preschool Aquatic program for ages 6 months - 5 years is designed to let children have fun in the water while developing swimming readiness. We recommend that your child have a physical examination prior to enrollment. For assistance with program placement, call the Aquatics Staff at 703.746.5435

**Chinquababies**

Ages 6-18 months. Parent and Child Water Exploration. Parents receive information and practice techniques to help their child to become adjusted to the water. A snug fitting bathing suit over a swim diaper is required. Only one parent is permitted in the pool area. Each child must be accompanied by at least one adult. Min 8/Max 30.

130100-01	M	11:30am-12pm	3/18-4/29	7	\$84	CHINQ
130100-02	Sa	9:30-10am	3/16-4/27	7	\$84	CHINQ
130100-03	Sa	10:30-11am	3/16-4/27	7	\$84	CHINQ

**Chinquatots**

Ages 19-36 months. Parent and Child Water Exploration. Parents receive information and practice techniques to help their child to become adjusted to the water. A snug fitting bathing suit over a swim diaper is required. Only one parent is permitted in the pool area. Each child must be accompanied by one adult. Min 8/Max 30.

130101-01	M	10:50-11:20am	3/18-4/29	7	\$84	CHINQ
130101-02	Sa	10-10:30am	3/16-4/27	7	\$84	CHINQ
130101-03	Sa	11-11:30am	3/16-4/27	7	\$84	CHINQ

**Seahorses**

Ages 3-5 years. Parent and Child Water Exploration. For children who are not ready to participate on their own, the instructor works closely with the parent and child to develop good water adjustment and safety skills. Only one parent is permitted in the pool area. Min 8/Max 17.

130102-01	M	12-12:30pm	3/18-4/29	7	\$84	CHINQ
130102-02	Sa	9-9:30am	3/16-4/27	7	\$84	CHINQ
130102-03	Sa	12-12:30pm	3/16-4/27	7	\$84	CHINQ

### **Frogs**

Ages 3-5. Level 1 Introduction to Water Skills. The emphasis at this beginner level is successful water adjustment, safety skills, and floating with support. Parents are not permitted on pool deck during class.

Min 4/Max 7.

130103-01	M	12:35-1:05pm	3/18-4/29	7	\$84	CHINQ
130103-02	Th	4-4:30pm	3/21-5/2	7	\$84	CHINQ
130103-03	Th	5-5:30pm	3/21-5/2	7	\$84	CHINQ
130103-04	Th	5:30-6pm	3/21-5/2	7	\$84	CHINQ
130103-05	Sa	8:30-9am	3/16-4/27	7	\$84	CHINQ
130103-06	Sa	9:30-10am	3/16-4/27	7	\$84	CHINQ
130103-07	Sa	10-10:30am	3/16-4/27	7	\$84	CHINQ
130103-08	Sa	11-11:30am	3/16-4/27	7	\$84	CHINQ
130103-09	Sa	11:30am-12pm	3/16-4/27	7	\$84	CHINQ
130103-10	Su	9-9:30am	3/17-4/28	7	\$84	CHINQ
130103-11	Su	10-10:30am	3/17-4/28	7	\$84	CHINQ
130103-12	Su	11-11:30am	3/17-4/28	7	\$84	CHINQ

### **Salamanders**

Ages 3-5. Level 2 Fundamental Aquatic Skills. For the child who is independent, with an emphasis on breathe control, buoyancy, changing direction, and water safety. Parents are not permitted on pool deck during class. Min 4/Max 7. No class 5/28.

130104-01	M	1:10-1:40pm	3/18-4/29	7	\$84	CHINQ
130104-02	Tu	4-4:30pm	3/19-4/30	7	\$84	CHINQ
130104-03	Th	4:30-5pm	3/21-5/2	7	\$84	CHINQ
130104-04	Th	6:30-7pm	3/21-5/2	7	\$84	CHINQ
130104-05	Sa	9:30-10am	3/16-4/27	7	\$84	CHINQ
130104-06	Sa	10:30-11am	3/16-4/27	7	\$84	CHINQ
130104-07	Sa	11:30am-12pm	3/16-4/27	7	\$84	CHINQ
130104-08	Su	9:30-10am	3/17-4/28	7	\$84	CHINQ
130104-09	Su	10:30-11am	3/17-4/28	7	\$84	CHINQ
130104-10	Su	11:30am-12pm	3/17-4/28	7	\$84	CHINQ

### **Hammerheads**

Ages 4-6. Level 3 Stroke Development. For the child who can swim without support with an emphasis on breathing to the side, front and back crawl, treading water, and water safety skills. Parents are not permitted on pool deck during class. Min 4/Max 7. No class 5/28.

130105-01	M,W	5:30-6pm	3/18-4/8	7	\$84	CHINQ
130105-02	Tu	5-5:30pm	3/19-4/30	7	\$84	CHINQ
130105-03	Sa	8:30-9am	3/16-4/27	7	\$84	CHINQ
130105-04	Sa	12-12:30pm	3/16-4/27	7	\$84	CHINQ
130105-05	Su	10:30-11am	3/17-4/28	7	\$84	CHINQ
130105-06	M,W	5:30-6pm	4/10-5/1	7	\$84	CHINQ

### **Crocodiles**

Ages 6 & older. Level 1 Introduction to Water Skills. The emphasis at this beginner level is successful water adjustment, safety skills, and floating with support. Parents are not permitted on pool deck during class. Min 4/Max 6.

130106-01	Tu	4:30-5pm	3/12-4/30	7	\$84	CHINQ
130106-02	Sa	9-9:30am	3/16-4/27	7	\$84	CHINQ
130106-03	Sa	12-12:30pm	3/16-4/27	7	\$84	CHINQ
130106-04	Su	11:30am-12pm	3/17-4/28	7	\$84	CHINQ

### **Otters**

Ages 6 & older. Level 2 Fundamental Aquatic Skills. For the child who is independent, with an emphasis on breathe control, buoyancy, changing direction, and water safety. Parents are not permitted on pool deck during class. Min 4/Max 7. No class 5/28.

130107-01	M,W	4-4:30pm	3/18-4/8	7	\$84	CHINQ
130107-02	Tu	5:30-6pm	3/19-4/30	7	\$84	CHINQ
130107-03	Tu	6-6:30pm	3/19-4/30	7	\$84	CHINQ
130107-04	Sa	11-11:30am	3/16-4/27	7	\$84	CHINQ
130107-05	Sa	11:30am-12pm	3/16-4/27	7	\$84	CHINQ
130107-06	Su	10-10:30am	3/17-4/28	7	\$84	CHINQ
130107-07	Su	11-11:30am	3/17-4/28	7	\$84	CHINQ
130107-08	M,W	4-4:30pm	4/10-5/1	7	\$84	CHINQ

### **Penguins**

Ages 7 & older. Level 3 Stroke Development. For the child who can swim without support with an emphasis on breathing to the side, front and back crawl, treading water, and water safety skills. Parents are not permitted on pool deck during class. Min 4/Max 7. No class 5/28.

130108-01	M,W	4:30-5pm	3/18-4/8	7	\$84	CHINQ
130108-02	Sa	10:30-11am	3/23-5/4	7	\$84	CHINQ
130108-03	Sa	12-12:30pm	3/16-4/27	7	\$84	CHINQ
130108-04	Su	9:30-10am	3/17-4/28	7	\$84	CHINQ
130108-05	M,W	4:30-5pm	4/10-5/1	7	\$84	CHINQ

### **Seals**

Ages 7 & older. Level 4 Stroke Improvement. For the swimmer to become more competent in front and back crawl, elementary backstroke, breaststroke, butterfly, diving, and water safety skills. Parents are not permitted on pool deck during class. Min 4/Max 7.

130109-01	M,W	5-5:30pm	3/18-4/8	7	\$84	CHINQ
130109-02	Sa	10-10:30am	3/16-4/27	7	\$84	CHINQ
130109-03	Su	9-9:30am	3/17-4/28	7	\$84	CHINQ
130109-04	M,W	5-5:30pm	4/10-5/1	7	\$84	CHINQ

### **Dolphins**

Ages 8 & older. Level 5 Stroke Refinement. Continue the refinement of strokes, surface dives and turns in preparation for swim team or fitness swimming. Parents are not permitted on pool deck during class. Min 4/Max 8. No class 5/28.

130110-01	M,W	6:15-7pm	3/18-4/8	7	\$112	CHINQ
130110-02	Sa	9:15-10am	3/16-4/27	7	\$112	CHINQ
130110-03	M,W	6:15-7pm	4/10-5/1	7	\$112	CHINQ

**Youth Stroke Clinic**

Ages 8-17. Level 6 Fitness Swimmer. Stroke refinement with an emphasis on efficiency, power, and endurance. Min 4/Max 8.

130111-01	M,W	7-7:45pm	3/18-4/8	7	\$112	CHINQ
130111-02	Sa	8:30-9:15am	3/16-4/27	7	\$112	CHINQ
130111-03	M,W	7-7:45pm	4/10-5/1	7	\$112	CHINQ

**Adult Stroke Clinic**

Ages 18 & older. Level 6 Fitness Swimmer. Not yet ready to be a master swimmer? Refine & improve your swimming strokes. Swimmers must be able to swim 25 meters. Min 4/Max 7.

130112-01	M	7-7:45pm	3/18-4/29	7	\$112	CHINQ
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**Adult Beginner Swimming**

Ages 14 & older. Levels 1 & 2 Introduction to Fundamental Aquatic Skills. Emphasis on water adjustment, breathe control, buoyancy, changing direction and water safety. Min 4/Max 8.

130113-01	Tu,Th	7-7:45pm	3/19-4/9	7	\$112	CHINQ
130113-02	W	8-8:45pm	3/20-5/1	7	\$112	CHINQ
130113-03	Tu,Th	7-7:45pm	4/11-5/2	7	\$112	CHINQ

**Adult Advance Begin Swimming**

Ages 14 & older. Levels 3 & 4 Stroke Development and Improvement. Emphasis on front and back crawl, elementary backstroke, breaststroke, sidestroke, treading water, and diving. Min 4/Max 8.

130114-01	Tu,Th	8-8:45pm	3/19-4/9	7	\$112	CHINQ
130114-02	Tu,Th	8-8:45pm	4/11-5/2	7	\$112	CHINQ

Summer classes will be available with the release of the Spring & Summer 2013 RPCA Program Guide on March 1. Registration opens for all other spring and summer activities on Wednesday, March 20. For additional information, call the Aquatics Staff at 703.746.5435.