



**APS SWIM SCHOOL – SUMMER**

Mon-Tue-Wed-Thu – July 10 – July 20 (Mornings)  
 Mon-Tue-Wed-Thu (2) – July 24 – Aug 3 (Mornings)  
 Monday & Wednesday – July 10 – Aug 2 (Evenings)  
 Tuesday & Thursday – July 11- Aug 3 (Evenings)  
 Saturday – July 8- Aug 26 (Mornings)

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 13, 2023, 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 8 – Aug 26	9:10 AM – 9:40 AM	WASHINGTON-LIBERTY
SATURDAY		July 8 – Aug 26	11:00 AM – 11:30 AM	YORKTOWN
MON-TUE-WED-THU		July 10 – July 20	9:45 AM – 10:15 AM	WASHINGTON-LIBERTY
TUE & THU		July 11- Aug 3	5:00 PM - 5:30 PM	YORKTOWN
MON-TUE-WED-THU		July 24 – Aug 3(2)	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 8 – Aug 26	9:55 AM – 10:25 AM	WASHINGTON-LIBERTY
SATURDAY		July 8 – Aug 26	9:25 AM – 9:55 AM	YORKTOWN
SATURDAY		July 8 – Aug 26	11:45 AM – 12:15 PM	YORKTOWN
MON-TUE-WED-THU		July 10 – July 20	9:00 AM – 9:30 AM	WASHINGTON-LIBERTY
MON-TUE-WED-THU		July 10 – July 20	9:55 AM – 10:25 AM	YORKTOWN
MON-TUE-WED-THU		July 10 – July 20	10:30 AM – 11:00 AM	WASHINGTON-LIBERTY
MON & WED		July 10 – Aug 2	4:00 PM – 4:30 PM	WASHINGTON-LIBERTY
MON & WED		July 10 – Aug 2	5:00 PM – 5:30 PM	YORKTOWN
MON & WED		July 10 – Aug 2	5:40 PM – 6:10 PM	WASHINGTON-LIBERTY
TUE & THU		July 11- Aug 3	4:00 PM - 4:30 PM	WASHINGTON-LIBERTY
TUE & THU		July 11- Aug 3	5:35 PM – 6:10 PM	YORKTOWN
MON-TUE-WED-THU		July 24 – Aug 3 (2)	9:00 AM – 9:30 AM	WASHINGTON-LIBERTY
MON-TUE-WED-THU		July 24 – Aug 3 (2)	9:55 AM – 10:25 AM	YORKTOWN
MON-TUE-WED-THU		July 24 – Aug 3 (2)	10:30 AM – 11:00 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**.

<b>SATURDAY</b>	<b>July 8 – Aug 26</b>	<b>10:05 AM – 10:50AM</b>	<b>YORKTOWN</b>
<b>SATURDAY</b>	<b>July 8 – Aug 26</b>	<b>10:35 AM – 11:20 AM</b>	<b>WASHINGTON-LIBERTY</b>
<b>MON-TUE-WED-THU</b>	<b>July 10 – July 20</b>	<b>9:00 AM – 9:45 AM</b>	<b>YORKTOWN</b>
<b>MON-TUE-WED-THU</b>	<b>July 10 – July 20</b>	<b>10:35 AM – 11:20 AM</b>	<b>YORKTOWN</b>
<b>MON-TUE-WED-THU</b>	<b>July 10 – July 20</b>	<b>11:10 AM – 11:55 AM</b>	<b>WASHINGTON-LIBERTY</b>
<b>MON-TUE-WED-THU</b>	<b>July 10 – July 20</b>	<b>12:05 PM – 12:50 PM</b>	<b>WASHINGTON-LIBERTY</b>
<b>MON &amp; WED</b>	<b>July 10 – Aug 2</b>	<b>4:40 PM – 5:25 PM</b>	<b>WASHINGTON-LIBERTY</b>
<b>MON &amp; WED</b>	<b>July 10 – Aug 2</b>	<b>5:40 PM – 6:25 PM</b>	<b>YORKTOWN</b>
<b>TUE &amp; THU</b>	<b>July 11- Aug 3</b>	<b>4:40 PM – 5:25 PM</b>	<b>WASHINGTON-LIBERTY</b>
<b>TUE &amp; THU</b>	<b>July 11- Aug 3</b>	<b>5:35 PM – 6:10 PM</b>	<b>WASHINGTON-LIBERTY</b>
<b>TUE &amp; THU</b>	<b>July 11- Aug 3</b>	<b>6:15 PM – 7:00 PM</b>	<b>YORKTOWN</b>
<b>MON-TUE-WED-THU</b>	<b>July 24 – Aug 3 (2)</b>	<b>9:00 AM – 9:45 AM</b>	<b>YORKTOWN</b>
<b>MON-TUE-WED-THU</b>	<b>July 24 – Aug 3 (2)</b>	<b>10:35 AM – 11:20 AM</b>	<b>YORKTOWN</b>
<b>MON-TUE-WED-THU</b>	<b>July 24 – Aug 3 (2)</b>	<b>11:10 AM – 11:55 AM</b>	<b>WASHINGTON-LIBERTY</b>
<b>MON-TUE-WED-THU</b>	<b>July 24 – Aug 3 (2)</b>	<b>12:05 PM – 12:50 PM</b>	<b>WASHINGTON-LIBERTY</b>

**STROKE 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 School builds on the fundamental swim skills acquired in Swim School. Swimmers will progress through five color learning phases: **WHITE:** Freestyle, **RED:** Backstroke, **YELLOW:** Butterfly, **BLUE:** Breaststroke, and **GREEN:** Endurance. Each learning phase also includes water safety and self-rescue skills. After completing the **GREEN** learning phase, the swimmer may enroll in Swim Academy.

<b>SATURDAY</b>	<b>July 8 – Aug 26</b>	<b>9:00 AM - 9:45 AM</b>	<b>WASHINGTON-LIBERTY</b>
<b>SATURDAY</b>	<b>July 8 – Aug 26</b>	<b>11:00 AM – 11:45 AM</b>	<b>YORKTOWN</b>
<b>MON-TUE-WED-THU</b>	<b>July 10 – July 20</b>	<b>9:40 AM – 10:20 AM</b>	<b>WASHINGTON-LIBERTY</b>
<b>MON-TUE-WED-THU</b>	<b>July 10 – July 20</b>	<b>11:30 AM – 12:00 PM</b>	<b>YORKTOWN</b>
<b>MON &amp; WED</b>	<b>July 10 – Aug 2</b>	<b>5:35 PM – 5:20 PM</b>	<b>WASHINGTON-LIBERTY</b>
<b>MON &amp; WED</b>	<b>July 10 – Aug 2</b>	<b>6:30 PM – 7:00 PM</b>	<b>YORKTOWN</b>
<b>TUE &amp; THU</b>	<b>July 11- Aug 3</b>	<b>5:00 PM – 5:45 PM</b>	<b>YORKTOWN</b>
<b>TUE &amp; THU</b>	<b>July 11- Aug 3</b>	<b>5:30 PM – 6:15 PM</b>	<b>WASHINGTON-LIBERTY</b>
<b>MON-TUE-WED-THU</b>	<b>July 24 – Aug 3 (2)</b>	<b>9:40 AM – 10:20 AM</b>	<b>WASHINGTON-LIBERTY</b>
<b>MON-TUE-WED-THU</b>	<b>July 24 – Aug 3 (2)</b>	<b>11:30 AM – 12:00 PM</b>	<b>YORKTOWN</b>

**SWIM ACADEMYS (6-13 YEARS OLD):**

**ORANGE ACADEMY (WATER POLO)**

Pre-requisite: Swimmers must be able to tread water and survival float 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

<b>TUE &amp; THU (Orange)</b>	<b>JUL 11 – Aug 3</b>	<b>6:15 PM –7:05 PM</b>	<b>WASHINGTON-LIBERTY</b>
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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.

<b>MON &amp; WED (Aqua)</b>	<b>Jul 10 – Aug 2</b>	<b>6:30 PM – 7:20 PM</b>	<b>WASHINGTON-LIBERTY</b>
<b>TUE &amp; THU (Aqua)</b>	<b>Jul 11 – Aug 3</b>	<b>5:55 PM – 6:45 PM</b>	<b>YORKTOWN</b>

**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 a 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.

<b>SATURDAY</b>	<b>Jul 8- Aug 26</b>	<b>8:30 AM – 9:15 PM</b>	<b>YORKTOWN</b>
<b>SATURDAY</b>	<b>Jul 8- Aug 26</b>	<b>11:30 AM – 12:15 PM</b>	<b>WASHINGTON-LIBERTY</b>
<b>MON-TUE-WED-THU</b>	<b>July 10 – July 20</b>	<b>8:00 AM – 8:45 AM</b>	<b>YORKTOWN</b>
<b>MON &amp; WED</b>	<b>Jul 10 – Aug 2</b>	<b>7:30 PM – 8:15 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>

**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>SATURDAY</b>	<b>Jul 8- Aug 26</b>	<b>8:45 AM – 9:30 AM</b>	<b>WASHINGTON-LIBERTY</b>
<b>SATURDAY</b>	<b>Jul 8- Aug 26</b>	<b>12:30 PM – 1:15 PM</b>	<b>WASHINGTON-LIBERTY</b>
<b>TUE &amp; THU</b>	<b>Jul 11 – Aug 3</b>	<b>7:10 pm – 7:55 PM</b>	<b>WASHINGTON-LIBERTY</b>

**DIVING (6-13 YEARS OLD):**

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.

**Diving School will return to Wakefield in the FALL**

**THANK YOU FOR CHOOSING THE APS AQUATICS SCHOOL**

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