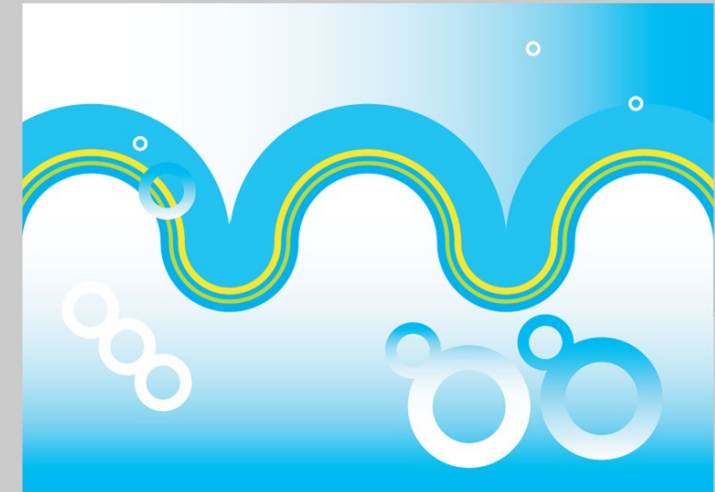


Suburban Health Club Aquatics Program



Something for Everyone!

Suburban Health Club
10081 County Road 138
St. Cloud, MN 56301
Phone 320-251-3965
www.suburbanhealthclub.com

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Suburban's Aqua area has something to offer everyone. Infants, children, adults and the elderly come together to swim, soak, exercise and play in our 25' x 45' (3' to 8' depth) pool. Pool temperature is kept at a pleasant 84 degrees Fahrenheit.

AQUATICS PROGRAM GUIDELINES

We offer a variety of pool programs while maintaining a maximum amount of open swim time. By adhering to the following guidelines, we hope to create a healthy and enjoyable environment for members and guests.

1. **No lifeguard on duty.** Children under 14 must be supervised by an adult (18 or older). Children 14 and older must be able to swim one length of the pool without aid/stopping in order to be left unattended.
2. No open swim allows during scheduled class times (see Open Swim Schedule).
3. No glass containers or food in the pool area.
4. Shower thoroughly before entering the pool or whirlpool.
5. No diving, running, or rough play in or around the pool.
6. Infants and children that are not toilet trained must wear a swim diaper under their swimsuits.
7. Do not stand on the lane rope.
8. No children under age 9 allowed in whirlpool.
9. Other rules are posted in the pool area. Please read and abide by them.

Hours

The pool and whirlpool hours are the same as Club hours. However, we ask swimmers to leave the pool area **10-15 minutes prior to closing** so they are ready to exit the building upon closing.



Level 5: Stroke Refinement

Level 5 refines coordination and increases endurance of key strokes.

- Continue refinement of front and back crawls, elementary backstroke, breaststroke and sidestroke.
- Surface dives
- Introduction of butterfly
- Alternate breathing
- Swimming underwater
- Open turns on front and back
- Breaststroke and sidestroke – 10 yards each
- Elementary backstroke – 25 yards
- Front and back crawl – 50 yards each

Maximum class size: 8

PRE-SCHOOL SWIM PROGRAMS

Little Flippers 1

Little Flippers 1 swim classes are for 2-4 year olds and their parents! Help your child adjust to the water in a fun, relaxed atmosphere.

- Introduction to floating
- Bubble blowing
- Submerging
- Kicking

Maximum class size: 10.

Little Flippers 2

Little Flippers 2 swim classes for 3-5 year olds without their parents! It's the next step in a child's swimming development. Skills taught are the same as in LF 1, but without the aid of the parents.

Maximum class size: 5.



- Turning over front to back, back to front
- Treading water
- Explore swimming on side
- Glide on front and back
- Retrieving objects underwater
- Combined stroke on front and back using kicks and alternating arm action, 15 feet each

Maximum class size: 6

Level 3: Stroke Readiness

Level 3 builds on skills by coordinating strokes and increasing endurance.

- Coordination of front and back crawl, 20 yards
- Self-rescue skills and rescue breathing
- Rhythmic breathing
- Elementary backstroke kick, 10 yards
- Butterfly kick and body motion
- Front and back glide
- Treading water
- Swimming under water

Maximum class size: 6

Level 4: Stroke Development

Level 4 develops endurance in strokes learned, and confidence and competency in strokes/safety skills.

- Introduction of CPR
- Breaststrokes, sidestrokes, turns at the wall
- Deep water bobbing
- Elementary backstroke – 10 yards
- Front and back crawl – 25 yards
- Breaststroke and scissor kicks – 10 yards
- Tread water – 2 minutes

Maximum class size: 8

Fees

General pool use is free of charge to all members. Guests may use the pool by purchasing a Guest Pass:

	With Member	Without Member
Adults	\$8.00	\$12.00
Children (4-17 years)	\$4.00	\$5.00
Children 3 yrs & Under	Free	Free
Family	\$18.00	\$30.00

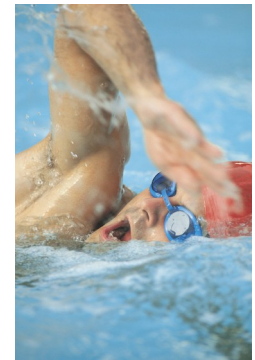
Non-members who have children enrolled in swim lessons may use the facilities for the “With Member” price during a swim lesson.

Lap Swimming

One lane is always available for lap swimming (except during class time). If the lane rope is not in place, swimmers are welcome to put it up to swim laps. Open swimmers must stay out of the lap lane when in use.

Please inquire at the Front Desk to learn the best times for lap swimming.

Note: 60 laps = 1 mile



Aqua Aerobic Classes

Both shallow and deep water aqua aerobic classes are available for those who wish to participate in a structured water workout. The resistance of water provides muscular strengthening, cardiovascular conditioning, and improvement of flexibility in an impact-free environment. Please see the fitness schedule for class times. Aqua aerobic classes are free to Full Fitness members. Guests may attend by paying the appropriate guest fees. Water bells and belts are not provided.

Aqua Accessories

Our Pro Shop sells a variety of aqua accessories for your water workout. Water floatation dumbbells and jogging belts, swim goggles, and more. If we don't stock it, we can get it for you!

PRIVATE AND GROUP SWIM LESSONS

Private Lessons

Private lessons offer scheduling flexibility, increased motivation, and excelled progress as instruction is geared to the swimmer's specific area of interest and skill level—an excellent supplement to group lessons for all ages!

For more information on private swim lessons, please see our private swim lesson brochure or inquire at the Front Desk. Members receive a 10% discount on all Private/Semi-Private and Adaptive Water Programs.

Group Lessons

Open to both members and non-members. Group Red Cross swimming lessons are offered throughout the year. Seven lessons are offered in each session and class sizes are limited. Children must be included in a Family or Single-Parent membership to receive member discount.

For more information, see our swim schedule brochure or visit our website to determine when the next session of lessons begin.

Registration

Register in person or by phone. **Payment is due at registration.** Phone registration is available with credit card payment.

Lesson Fees

Levels 1-5 *Members: \$25.00 Levels 1-5 Non-Members: \$36.00
Little Flippers *Members: \$15.00 Little Flippers Non-Members: \$25.00
*Registrant must be a member to receive "Member" discount.
Fees include \$2.00 Red Cross Fee.

Policies

1. No refunds will be issued after 7 days prior to the start of the first swim class.
2. Classes may be cancelled due to low enrollment. Fees will be refunded.
3. Waiting lists are available for all classes. Classes may be added based on demand.
4. Payment of swim lessons does not include use of the facility by other family members. Guest fees apply.
5. Children **must** shower before entering pool.
6. No jewelry, hair pins or non-waterproof band aids allowed in the pool.
6. Weather related cancellations will be made in conjunction with Rocorri school cancellations and will not be made up.

SWIM LESSON LEVELS

Level 1: Water Exploration

Level 1 offers swimmers the opportunity to learn basic water exploration, adjustment, and safety skills without a parent. Must be 6 years of age by the end of the session.

- Supported floating and kicking on front and back
- Bobs to chin level
- Alternating arm action
- Fully submerge face for 3 seconds
- Exhale under water
- Enter and exit water safely

Maximum class size: 6

Level 2: Primary Skills

Level 2 expands on fundamental aquatic locomotion and safety skills. Swimmers must be comfortable in the water without a parent.

- Floating and kicking on front and back

