

MWR Aquatic Training Center at JFTB

11360 Valley Forge Ave. #44, Los Alamitos

LEARN TO SWIM LESSONS

This fall, two 4-week sessions and one 3-week session will be offered. Youth Swim Classes are 25 minutes long and meet either twice weekly (Monday/Wednesday) or once weekly on Saturdays. Lessons are available for a variety of age and skill levels—please refer to the level descriptions to find the best fit for your child. If you're unsure, contact us at aquatics@cityoflosalamitos.org or call the Community Center at **562-430-1073**. Registration can be completed online at losalrecreation.myrec.com. There will be no make-up classes unless canceled by Los Alamitos Recreation Staff due to unforeseen circumstances. For details on our refund policy, please see page 33.

LAP SWIM

Available through the Joint Forces Training Base NAF – MWR at the MWR Aquatic Training Center at the Los Alamitos Joint Forces Training Base. For more information on Lap Swim times and pricing, please visit jftbmwrбилlets.com/aquatics or call **562-795-2628**.

All adults entering the Joint Forces Training Base must present a valid U.S. Passport, or a REAL ID compliant driver's license or identification card; and high school students must show a current school I.D.



PARENT & ME

AGE 6 MON – 3 YRS

Ratio 1:6

Introduce your child to fun and swimming readiness through water exploration. This class is designed to increase comfort in and around the water for both the child and parent. Some skills include blowing bubbles, kicking, floating on tummy and back, and holding onto the wall. Adults are required in water with children, and adults must know how to swim.

Squid (Level 2) Ratio 1:4

This class is designed for children who have aquatics experience, are comfortable in the water, and are ready to complete some skills unassisted. Some skills include introduction to deep water, submerging head for 5 seconds, unassisted tummy and back float, combined freestyle arms, and legs, assisted rolling over, and getting out at side of pool.

BIG FISH

SCHOOL AGE 6 YRS – 13 YRS

Manatees (Level 1) Ratio 1:4

This class is designed for students who have little or no aquatics experience. Some skills include fully submerging head, assisted front and back float, flutter kicking, water entry, arm action, and introduction to glides.

Barracuda (Level 4) Ratio 1:8

This class is designed for students who can do skills independently and are comfortable in deep water. After the first 4 classes, the instructor is no longer required to be in water with participants. Some skills include swimming underwater, 50 yards of kicking with a kickboard, 25 yards of freestyle, introduction to breaststroke arms, introduction to butterfly legs and arms, diving, treading water, and open turns.

LITTLE FISH

PRESCHOOL AGE 3 YRS – 6 YRS

Guppies (Tiny Tot 1) Ratio 1:3

This class is designed for children ready to be in the water without a parent. Some skills include being comfortable getting head wet, assisted tummy and back float, assisted kicking on tummy and back, assisted tummy gliding, and introducing alternating arm action.

Otter (Level 3) Ratio 1:5

This class is designed for students who are ready to be more independent in the water and are ready to try harder skills. Some skills include introduction to side breathing, unassisted kicking with face in the water, unassisted tummy and back float, streamline position on top of water, unassisted jumping into water and swimming to instructor, and introduction to combined arm and legs for backstroke.

Belugas (Level 2) Ratio 1:4

This class is designed for students who are comfortable in the water and have some aquatics experience. Skills include front glide, unassisted front, and back float, jumping into water and swimming to the instructor, assisted backstroke kick, introduction to side breathing, and coordination with arm and leg action for freestyle.

Orcas (Pre-Swim Team) Ratio 1:12

INSTRUCTOR NO LONGER REQUIRED IN WATER

This class is designed for students who no longer require an instructor to be in the water with them and serves as a pre-swim team class. Some skills include 100 yards of freestyle with alternating side breathing, 100 yards of backstroke, 25 yards of breaststroke and butterfly, diving, treading water, and introduction to flip turns.

Jelly Fish (Level 1) Ratio 1:4

This class is designed for beginners who have some aquatics experience but still need assistance getting comfortable in the water. Some skills include moving through water comfortably, assisted tummy float, moving to unassisted back float, assisted kicking on tummy and back, and introducing alternating arm action.

Seals (Level 4) Ratio 1:6

This class is designed for students who are ready to be introduced to stroke techniques and build endurance. Some skills include tummy glide with underwater streamline, freestyle with side breathing, coordinated backstroke arm action, retrieve an object from the deep end, comfortable in deep water, introduction to breaststroke kick, and introduction to diving.

Manta Ray (Level 3) Ratio 1:5

This class is designed for students who are ready to be introduced to more swim strokes and do skills independently. Some skills include introduction to backstroke arms and legs, alternating side breathing, introduction to breaststroke legs, comfortable in deep water, and swimming 15 yards of freestyle.

