SUSSEX ACADEMY AQUATIC CENTER

PROGRAM SUMMARY

Sussex Academy Aquatic Center is opened to the public and does not require you to be a member to use the facility. Daily fees are accepted. We are located behind Sussex Academy public charter school at 21150 Airport Road - Georgetown, DE 19947.

www.sussexacademy.org

Hours: Monday-Thursday: 6am-7pm **Friday**: 6am-5pm **Saturday**: 6-3pm

For more information about any of our programs, please call our friendly administrative staff at 302-856-7805 or email saacaquatics@gmail.com or contact maria.edgerton@saas.k12.de.us.

Aquatic Fitness Classes

Please check the monthly calendar on our website or check your email for any updates on the class schedule:

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
8:30-9:30 Aqua Core	8:30-9:30 Aqua Zumba	8:30-9:30 Aqua Core	8:30-9:30 Oodles of Noodles	8:30-9:30 Aqua Core	8:00-9:00 Sat. Surprise!
9:30-10:30 Deep Water	9:30-10:30 Tabata	9:30-10:30 Aqua Zumba	9:30-10:30 Tabata	9:30-10:30 Aqua Zumba	9:30-10:15 Hydro Pump
		10:30-11:30 Low Impact/Arthritis +			
11:00-12:00 Low Impact/Arthritis+		11:30-12:15 Full Body Blast		**11:00-12:00 Low Impact/Arthritis+**	10:30-11:15 Hydro Cardio
12:00-12:45 Full Body Blast					
3:30-4:30 Boot Camp			3:30-4:30 Boot Camp		
5:45-6:35 Aqua Motion			5:45-6:35 Aqua Motion		

Here is a brief summary of some of our programs:

AQUA FITNESS CLASSES: **Water exercise eliminates any pounding pressure on joints while providing a stimulating workout.** Non-swimmers welcome to every class. Each class the student can modify the moves to make it appropriate for their physical needs & limitations.
Aqua Core: This class is designed to tone & tighten the core muscles & to help improve core strength, balance and flexibility.
Deep Water: Improve your core strength, balance, strength as well as increase cardiovascular fitness (Shallow water is available).
Full Body Blast: This high intensity full body workout is designed to build strength and endurance.
Oodles of Noodles: This low-impact, fun class uses noodles to increase strength & flexibility.
Low Impact/Arthritis Plus: Low-impact class ideal for individuals in rehab, joint replacements and it is good for strengthening weak areas.
Tabata: Fun High Intensity Interval Training (HIIT) class that uses high energy music and moves to work the whole body.
Sat. Surprise: All levels encouraged to attend this cardio class that includes resistance training & a laid-back atmosphere.
Aqua Motion: Cardiovascular aerobic shallow and deep water mix. Incorporates water resistance to tone and strengthen the body.
Hydro-Pump & Cardio: Saturday morning mix done to popular music that concentrates on both lower and upper body.
Aqua Zumba: South American Zumba rhythm and dance steps pool party. Offering a challenging, water based, body-toning work-out.
Boot Camp: HIGH INTENSITY water fitness program that provides the benefits of a pool, with little to no impact on joints and expands lung capacity, as well as the benefits of weight and resistance training.

GROUP SWIM LESSONS LEVELS and SKILLS:

MOMMY/DADDY & ME (6 months-3 years)

In this interactive lesson, parents (or another adult) is in the water with the child. An instructor is also in the water to help the parents teach basic water skills to their child. Through songs and play, children build a positive relationship with water.

PRE-SCHOOL BEGINNER (Age 3-5 years)
Limited to preschool age children, this instruction introduces water safety and basic swimming skills with the objective of helping student feel comfortable in the water and to be safe in and around the water.
Skills developed: Entering and exiting the water, submersion, front & back float, recovering to a stand and reversing the direction and swim (paddle) on their front (5 yards.)

YOUTH BEGINNER (Age 6 & older)
Tailored to children who are not fully comfortable in the water AND have not mastered the front & back float.
Skills developed: Submersion, front & back float, recover to stand and swim (paddle) on front (10 yards.)

BEGINNER PLUS
Tailored for students who ARE comfortable in the water, have mastered the front & back float and are ready to develop the fundamentals of the front & back crawl and breaststroke kick.
Skills developed: Treading water, front & back glide, swim front crawl & back crawl and rhythmic breathing (building to 25 yards each.) Breast stroke kick. Compact dive (from kneeling position.)

INTERMEDIATE
Intended for students who have mastered the fundamental swimming skills from Level III and are ready to develop front/back crawl and breast stroke (25 yards), and butterfly kick (15 yards.) Open turns.
Skills developed: Treading water, freestyle with rotary breathing, back crawl, breaststroke (building to 25 yards

ADVANCED
Participants should be able to perform all of the four competitive strokes (free, back, breast and butterfly.)
Skills developed: Student will increase endurance up to 150 yards of any stroke or combination of strokes. Front and back crawl (50 yards) with flip turns, breaststroke (50 yards,) elementary backstroke, dolphin kick, butterfly (25 yards) and will learn to master competitive starts and turns. **Fees:** See registration form for dates of sessions and rates.

PRIVATE LESSONS (sold in sets of six 30 minute lessons)

Designed to help an individual, regardless of age, to be prepared for safe stages of learning in the water. Our professional and courteous instructors will help all ages of participants to learn, or relearn swim basics (water acclimation, water movement, water stamina), stroke introduction, stroke development and stroke mechanics.
Fees: $180/ annual members $150

ADULT GROUP LESSONS

It is never too late to learn to love the water. Adult group swim lessons are now being offered at SAAC.
Drop-ins are welcome. Self-paced learning by a certified Water Safety Instructor.

Class Times: Monday & Thursday 10:30-11:00 ,Fridays 11:00-11:30am

Fees: $12 per lesson/ annual members $10 per lesson
$50 Punch Card/$40 Discounted Rate – Get 2 FREE lessons with punch card!

For more information on adult lessons: contact Lydia A. Schmierer Email: saaclessons@gmail.com

U.S. MASTERS/PERSONAL TRAINING

A U.S. Masters' swim workout is structured and led by a certified masters' coach. It is a great program for those who are interested in training for swim competitions and conditioning for Senior Olympics. Structured work-outs are for both indoor and open water.
Fees: No charge for annual members
$50 Punch Card/$40 Discounted Rate – Get 2 FREE lessons with punch card!
$30 Private personal training session

For more information contact Marc Mest Email: mestmarc@gmail.com

Lifeguard Classes, Water Safety Instructor (WSI), First-Aid, CPR:

Red Cross Lifeguard certification – Age 15+
Red Cross Water Safety Instructor (WSI) – Age 15+
Red Cross CPR & First-Aid
SAAC offers both certification and non-certification classes.
On and off-site training available. Fees vary.

Water Safety Education provided to Early Learning Centers AT their centers. Fee: Free

Swim Camps for Kids: Over Christmas Break, Spring Break and throughout the Summer, SAAC provides half and full day camps that offer water safety, swim lessons and other fun activities! Fees: Multiple Child Discounts