Cleveland Clinic
Akron General
LifeStyles

AQUATICS
Swim Lessons

Cleveland Clinic Akron General Health & Wellness Center, Stow

Lesson Dates: November 1 – December 19*

No Lessons Nov. 23-29

REGISTER by scanning this QR code →

Member Registration Begins Sunday, October 18, 2026

Guest Registration Begins Sunday, October 25, 2026

- All lead instructors are American Red Cross Certified
- Lifeguard always on duty
- **NO missed class make ups or adjustments**

Class	Day	Start Time	End Time	Family Member Fees	Guest Fees	Instructor
Sunday	**November 1 – December 13 *No class on 11/29**				**6-Week Session**	
Parent/Child	Sunday	3:40 PM	4:10 PM	$45	$80	Laura
Preschool	Sunday	3:05 PM	3:35 PM	$45	$80	Laura
Youth Level 1	Sunday	2:30 PM	3:00 PM	$45	$80	Laura
Youth Level 2	Sunday	1:40 PM	2:25 PM	$50	$85	Laura
Youth Level 3	Sunday	12:50 PM	1:35 PM	$50	$85	Laura
Youth Level 4	Sunday	12:00 PM	12:45 PM	$50	$85	Laura
Monday	**November 2 – December 14 *No class on 11/23**				**6-Week Session**	
Preschool	Monday	5:30 PM	6:00 PM	$45	$80	Emma
Youth Level 1	Monday	6:05 PM	6:35 PM	$45	$80	Emma
Adult Beginner	Monday	7:45 PM	8:30 PM	$50	$85	Chuck
Wednesday	**November 4 - December 16 *No Class on 11/25**				**6-Week Session**	
Parent/Child	Wednesday	4:30 PM	5:00 PM	$45	$80	Anna
Preschool	Wednesday	5:05 PM	5:35 PM	$45	$80	Anna
Youth Level 1	Wednesday	5:40 PM	6:10 PM	$45	$80	Anna
Youth Level 2	Wednesday	6:15 PM	7:00 PM	$50	$85	Anna
Youth Level 3	Wednesday	7:05 PM	7:50 PM	$50	$85	Anna
Adult Advanced	Wednesday	7:45 PM	8:30 PM	$50	$85	Chuck

***Please refer to the back of this flyer for important information & descriptions.**

Online Registration for Classes: Use the QR Code on this flier or visit our website to register! Registration will begin on the dates listed on this flier and on our website. The price listed next to the class reflects an entire session. Prices are based on the length of class time. Please let your instructor know if you plan to miss a lesson.

There are no class make-ups.

Use this QR Code to access our secure online registration system

Parent and Child Aquatics: Parent must accompany child in the water. General water safety tips for parents and water adjustment for children. **Parent/Child A: 6 months – 18 months, Parent/Child B: 18 months – 4 years**

Preschool: For children who are ready to be without parents. General Youth Level 1 and Youth Level 2 skills are presented, with individual abilities considered. Ages 4-5

Youth Level 1: Water Adjustment for children 6 years and up (without parents). Enter and exit in shallow end, move comfortably through water, submerge face (3 seconds), and float with support on front and back.

Youth Level 2: Independent float on front and back, open eyes under water and retrieve objects, rhythmic breathing or bobbing 10 times, kick on front and back, roll from back to front/front to back, front and back crawls arm action, combined stroke front and back. 6 years and up

Youth Level 3: The objective is continued improvement on the front crawl and elementary backstroke and to learn the butterfly kick, scissor kick, & breaststroke kick. Rotary breathing and survival floats are also included in this level. 6 years and up

Youth Level 4: The objective is for students to improve the front crawl and to learn the back crawl, breaststroke, sidestroke, and butterfly. 6 years and up

Youth Level 5: The objective is to continually build upon the front and back crawl for better endurance and stroke mechanics, as well as improvement on the elementary backstroke, butterfly and breaststroke. Sidestroke and swimming turns and introduced in this level. 6 years and up

Youth Level 6: The objective is to refine the strokes so participants can swim them with ease, efficiency, power and smoothness over greater distances. 6 years and up

SEALS: For youth 6 years old & up (and have graduated from Youth Level 4) who are interested in developing their competitive swimming skills. Swimmers will learn drills to improve technique, increase speed and endurance. Emphasis will be placed on stroke refinement, starts, turns, warm-up, supplemental exercises, and FUN! (A minimum of Youth Level 4 is required for all participants).

Cancellations Policy:

- **Cancellations 3 or more days before class will be refunded in full.**
- **Cancellations 1-2 days prior to the first class will be given a full refund, less a $10 administration fee.**
- **Cancellation the day of or after will NOT be refunded.**
- **Any class cancelled by the Aquatics Department will be refunded in full.**
- **Please contact the Aquatics Department for cancellations.**

Late Registration fee:

- **An additional $5.00 late fee will be added for registrations made on first day of class.**

*To ensure quality and cost-effective programming, the aquatic department reserves the right to combine, add, or cancel classes as necessary.

Questions? Call the Stow Aquatics Office at 330.945.3131