

2024 Pool Hours

Spring Hours: April 20 – May 27

Day	Time
Monday – Friday	Closed
Saturday – Sunday	12:00p – 8:00p

Summer Hours: May 28 – August 11

Day	Time
Monday	Closed
Tuesday – Sunday	9:00a – 8:00p

Fall Hours: August 12 – September 29

Day	Time
Monday – Friday	Closed
Saturday – Sunday	12:00p – 8:00p

Special Holiday Hours

Day	Time
Memorial Day – May 29	12:00p – 8:00p
Juneteenth – June 19	9:00a – 8:00p
Independence Day – July 4	9:00a – 8:00p
Labor Day – September 4	12:00p – 8:00p

TANGLEWOOD FOREST

2024 Swim Season

Entry Fees

Entry Type	In-District	Out-of-District
General Admission (Ages 13-64)	\$5	\$8
Child Admission (Ages 5-12)	\$3	\$6
Senior Admission (Ages 65 and up)	\$2	\$5
Ages 4 and under	Free	Free

Season Pass Fees

Pass Type	In-District	Out-of-District
Individual	\$35	\$130
Family (up to 5 individuals)	\$125	\$230

SAFE GUARD SWIM ACADEMY

Tanglewood Forest Group Swim Lessons

Sessions are two weeks in duration. Classes meet Tuesdays through Fridays, for a total of 8 classes per session. Each class is 30 minutes long (25 minutes of class time, 5 minutes for student/parent questions with the instructor).

Registration Fee – In-District
\$115 /swimmer/session



Registration Fee – Out-of-District
\$135 /swimmer/session

2024 Session Schedule

Session	Registration Deadline
Session 1: Jun 4 – Jun 14	Sat, June 1
Session 2: Jun 18 – Jun 29	Sat, June 15
Session 3: Jul 9 – Jul 19	Sat, July 6
Session 4: Jul 23 – Aug 2	Sat, July 20
Session 5: Aug 6 – Aug 16	Sat, August 3

Register online at www.SafeGuardAquatics.com/Lessons



Session 1 Schedule (June 4-14)

Time Slot	Courses Offered
5:00 p.m. – 5:25 p.m.	Tadpole – Preschool Level 1
5:30 p.m. – 5:55 p.m.	Minnow – Preschool Level 2
6:00 p.m. – 6:25 p.m.	Guppies – Learn-to-Swim Level 1
6:30 p.m. – 6:55 p.m.	Sting Ray – Learn-to-Swim Level 2
7:00 p.m. – 7:25 p.m.	Dolphin – Learn-to-Swim Level 3

Session 2 Schedule (June 18-29)

Time Slot	Courses Offered
5:00 p.m. – 5:25 p.m.	Tadpole – Preschool Level 1
5:30 p.m. – 5:55 p.m.	Minnow – Preschool Level 2
6:00 p.m. – 6:25 p.m.	Guppies – Learn-to-Swim Level 1
6:30 p.m. – 6:55 p.m.	Sting Ray – Learn-to-Swim Level 2
7:00 p.m. – 7:25 p.m.	Sharks – Learn-to-Swim Level 4

Session 3 Schedule (July 9-19)

Time Slot	Courses Offered
5:00 p.m. – 5:25 p.m.	Tadpole – Preschool Level 1
5:30 p.m. – 5:55 p.m.	Minnow – Preschool Level 2
6:00 p.m. – 6:25 p.m.	Guppies – Learn-to-Swim Level 1
6:30 p.m. – 6:55 p.m.	Sting Ray – Learn-to-Swim Level 2
7:00 p.m. – 7:25 p.m.	Dolphin – Learn-to-Swim Level 3

Session 4 Schedule (July 23 - August 2)

Time Slot	Courses Offered
5:00 p.m. – 5:25 p.m.	Tadpole – Preschool Level 1
5:30 p.m. – 5:55 p.m.	Minnow – Preschool Level 2
6:00 p.m. – 6:25 p.m.	Guppies – Learn-to-Swim Level 1
6:30 p.m. – 6:55 p.m.	Sting Ray – Learn-to-Swim Level 2
7:00 p.m. – 7:25 p.m.	Sharks – Learn-to-Swim Level 4

Session 5 Schedule (August 6-16)

Time Slot	Courses Offered
5:00 p.m. – 5:25 p.m.	Tadpole – Preschool Level 1
5:30 p.m. – 5:55 p.m.	Minnow – Preschool Level 2
6:00 p.m. – 6:25 p.m.	Guppies – Learn-to-Swim Level 1
6:30 p.m. – 6:55 p.m.	Sting Ray – Learn-to-Swim Level 2
7:00 p.m. – 7:25 p.m.	Sharks – Learn-to-Swim Level 4

Course Descriptions

Tadpole - PRESCHOOL Level 1 (PS1) - Ages 2.5-4

Introduction of children 2.5 to 4 years of age to the water. The goal is to make the child comfortable in the water and enjoy the experience.

Advancement Criteria:

- Water entry
- 10ft monkey crawl and water exit independently
- Blow bubbles with face in the water

Minnows - PRESCHOOL Level 2 (PS2) - Ages 2.5-4

For those children ages 4 & younger that have completed Tadpole Preschool Level 1. Most children will spend the majority of their preschool swim lessons in this level.

Advancement Criteria:

- 10 relaxed bobs
- Front float for 5 seconds
- Back float 5 seconds
- Kick on front with noodle or kick board 10 ft
- Kick on back with noodle or kick board 10 ft
- Glide on front for at least two body lengths
- Roll to back from front
- Glide on back for at least two body lengths

Guppies - LEARN-TO-SWIM Level 1 (LTS1) - Ages 5+

Introduction of children ages 5 & older to the water. The first experience in the water should be an enjoyable one. Guppies - Level 1 teaches movement in the water, ability to hold ones breathe, put the face in the water, blow bubbles, and do 10 relaxed bobs. This skill is the first building block in the process of learning to be relaxed in the water and learning to swim. Additionally, Level 1 teaches floating on front and back independently, which is the first step in learning balance in the water.

Advancement Criteria:

- 10 relaxed bobs
- Front float for 5 seconds
- Back float 5 seconds
- Kick on front with noodle or kick board 10 ft
- Kick on back with noodle or kick board 10 ft
- Front glide and recover-5 seconds
- Back glide and recover-5 seconds
- Roll to back from front

Sting Ray - LEARN-TO-SWIM Level 2 (LTS2) - Ages 5+

Sting Ray - Level 2 teaches Sweet Spot. This is a continuation of learning to balance in the water. The swimmer floats on their back, with a gentle kick, keeping the head straight, rolls the body to one side until the perfect balance position is found. For some swimmers, this position is more on their backs while others lean more toward the side. It is a very individual movement and skill. It takes some swimmers longer to pass this level than other levels, but it is a critical point in progressing to freestyle later on.

Additionally, Sting Ray - Level 2 covers the step by step progression to learning to swim by teaching Single Switch. This is a continuation of Sweet Spot where swimmers learn to move their body in a balanced roll from one side to the other while taking one stroke.

One step at a time, one stroke at a time.

Advancement Criteria:

- Head lead Sweet Spot 15 feet
- Single Switch 3 times

Dolphin - LEARN-TO-SWIM Level 3 (LTS3) - Ages 5+

The Dolphin - Level 3 swimmer now adds three arm strokes to the Single Switch drill to become "Triple Switch". The student is now swimming! A second swimming stroke "Backstroke" is introduced in addition to treading water and diving.

Advancement Criteria:

- Triple Switch 3 times
- 25 yards of Freestyle
- 30 feet of Backstroke

Sharks - LEARN-TO-SWIM Level 4 (LTS4) - Ages 5+

The Sharks - Level 4 course is for pre-swim team swimmers that are interested and ready to learn all four competitive strokes. Turns, dives and technique will be covered.

Graduation Criteria:

- 25 yards of all four strokes