

2025 Pool Hours

Spring Hours: April 19 – May 30

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

Summer Hours: May 31 – August 17

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

Fall Hours: August 18 – September 28

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

Special Holiday Hours

Day	Time
Memorial Day – May 26	12:00p – 8:00p
Juneteenth – June 19	9:00a – 8:00p
Independence Day – July 4	9:00a – 8:00p
Labor Day – September 1	12:00p – 8:00p

TANGLEWOOD FOREST

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

2025 Session Schedule

Session	Registration Deadline
Session 1: Jun 3 – Jun 13	Sat, May 31
Session 2: Jun 17 – Jun 27	Sat, Jun 14
Session 3: Jul 8 – Jul 18	Sat, Jul 5
Session 4: Jul 22 – Aug 1	Sat, Jul 19

Daily Class Schedule

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



Register online at
www.SafeGuardAquatics.com/Lessons

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 teaches the continuation of learning to balance in the water and the beginning steps of freestyle and backstroke.

Advancement Criteria:

- Sweet spot
- Freestyle 10 ft
- Backstroke 10 ft

Dolphin – Learn-To-Swim Level 3 (LTS3) - Ages 5+

The Dolphin - Level 3 continues to advance the technique skills for freestyle, including breathing, and backstroke. Level 3 Dolphin also introduces the breaststroke, butterfly and the beginning steps of diving (sit + kneel dives).

Graduation Criteria:

- 25 yards freestyle with breathing/rolling on back for breaths
- 25 yards backstroke
- Breaststroke kick 10 ft
 - Dolphin kick 10 ft
 - Sit dive
 - Kneel dive