



# Keystone Aquatic Center Swim School at Latshmere

Keystone Aquatic Center thanks you for your interest in our swim school at Latshmere. We offer a full range of group and private lessons.

## KAC Swim School

Levels I-VI - 4 lessons in a session

Lessons are 2 days a week  
Monday/Wednesday

### Class Information

\*Each class is 30 minutes

\*Class times:

Evenings - vary starting at 4pm

Please re-register for each session you would like to have lessons.

## Fees and Registration

### KAC swim school

Levels I-VI \$40/session

\*Fees are due at time of registration

\*Refund policy - there will be no refunds unless the facility cancels lessons

\*Registration for KAC swim school at Latshmere can be found here

### Latshmere Swim School Registration

\*Payment by check (make checks out to "Keystone Aquatics") or credit card. If paying by credit card please print this form and bring to class:

CREDIT CARD AUTHORIZATION

### Private/adult lessons

\$30/30 minute lesson

\*Fees are due at time of registration.

\*Refund policy - there will be no refunds.

\*Registration can be found here.

### Latshmere Private Lessons Registration

\*Payment by check (make checks out to "Keystone Aquatics") or credit card. If paying by credit card please print this form and bring to class::

CREDIT CARD AUTHORIZATION

## Explanation of Swim Levels

Level I. This is for swimmers age 3-5 with no experience. This group is good for those a little reluctant to swim.

Level II - Novice. This is for swimmers age 5 and up with no experience. Sometimes swimmers start a little later which is fine. This is the group for them.

Level III - This is for swimmers age 3-5 who are ready to go. They are comfortable getting their face wet and comfortable in the water.

Level IV - This is for swimmers age 4-5. These swimmers are comfortable going under the water, float and kick on their back independently. Comfortable front floating. Swimmers can swim 15 yards on front or back.

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Please contact Tracy Lee with any questions at [keystoneaquatics.t.lee@gmail.com](mailto:keystoneaquatics.t.lee@gmail.com)



# Keystone Aquatic Center Swim School at Latshmere

Pre-Competitive lessons.

Level V - Swimmers who can swim 25 yards on front or back are ready for this group. Stroke technique and dives, will be the focus.

Level VI - Advanced. Swimmers who can swim 25 yards on their front and back are ready for this group. They will continue work on freestyle and backstroke as well we start working on breaststroke, butterfly, turns and starts.

## **American Red Cross Lifeguarding and Review Courses - only offered at Keystone Aquatic Center**

\*Date TBD

\*Times: TBD

\*Must be present all day for all sessions.

\*Must be 15 years old

\*Must pass the prerequisite swim test

\*Cost \$300 for lifeguarding course/\$125 for Review Course - must be paid at time of registration

\*Registration can be found here

[Lifeguard Certification Registration](#)

\*Payment by check (make checks out to "Keystone Aquatics") or credit card. If paying by credit card please print this form and bring to class:

[CREDIT CARD AUTHORIZATION](#)

## **KA Competitive swim Team**

\*For more information please go to: [KAC Competitive Swim Packet](#)

## **FAQ**

[FAQ and Expectations for Swim Lessons](#)

## **OTHER PROGRAMS**

**Only offered at Keystone Aquatic Center**

Physical Therapy

\*Continue your PT in our Flume!

\*Water temperature is 86 degrees

\*Cost \$20/30 minutes

\*Contact KAC

([keystoneaquatics.t.lee@gmail.com](mailto:keystoneaquatics.t.lee@gmail.com)) to schedule a time

\*Registration can be found here:

[Physical Therapy Registration](#)

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[CREDIT CARD AUTHORIZATION](#)