

Swim Lesson Program Descriptions

Parent and Child (Ages 1 to 2 yrs.): This course is designed to help parents teach their child aquatic orientation and safety skills. One parent or guardian (age 17 or older) must accompany the child in the water. Parents will work one on one, with their child, as instructors assist on a group basis. This class is not designed for children to become accomplished swimmers or even to survive on their own in the water.

Toddler Class (Ages 3 To 5 yrs.): The Toddler Class provides children with their first pool experience without parental assistance in a fun and positive learning environment. The main components of this program are personal safety, personal growth, stroke development, rescue skills, and water sports and games. All children must be potty-trained before they enter this preschool program.

Level 1: Skills include: floating unsupported on front and back, blowing bubbles, independently entering and exiting the water, submerging and holding breath 5 to 8 seconds, kicking in front and back position, alternating arm action and basic water safety rules.

Level 2: Skills learned: turning over, back crawl arm action, combined stroke on front and back (5 yards), jumping into chest-deep water, leveling off from a standing position, fundamentals of treading water, introduction to the side stroke and learning how to recognize a swimmer in distress.

Intermediate Level: This class is for those who can already swim and/or have taken Levels 1 & 2 courses. This class focuses on different strokes, including freestyle, breaststroke, backstroke, and butterfly. The class also focuses on refining technique.

Private/Semi-Private Lessons: A limited amount of private lessons will be offered for one (private) to two participants (semi-private) per instructor. The person requesting the semi-private class is responsible for finding the additional participant. Classes are scaled to the participant's skill level.

OUTDOOR GROUP AND PRIVATE SWIM LESSONS AT AQUATIC CENTER Classes meet Monday—Thursday with Fridays reserved for rainouts

	June 13-16	June 20-23	June 27-30	July 11-14	July 18-21	July 25-28	Aug. 1-11	August 15-18
9:30-10:00	Privates						Toddler, Level 1 Intermediate	Privates
10:15-10:45	Privates						Parent Child, Levels 1, 2	Privates
11:00-11:30	Privates						Toddler, Level 2 Intermediate	Privates
5:30-6:00	Privates	Privates	Parent Child, Levels 1, 2	Privates	Privates	Privates	Toddler, Parent/Child	Privates
6:15-6:45	Privates	Privates	Toddler, Level 1 Intermediate	Privates	Privates	Privates	Level 1, Intermediate	Privates
7:00-7:30	Privates	Privates	Toddler Levels 1, 2	Privates	Privates	Privates	Level 1, 2	Privates

REGISTRATION FORM ON THE NEXT PAGE → → → → → → → → → → → → → → → →
Registration begins **TUESDAY, APRIL 12**



