



## Swim Lessons – Summer 2021

### **\*Summer 1: June 7th – June 17th**

#### **Monday thru Thursday:**

##### **Swim Basics/Swim Strokes:**

10:00a-10:30a (Swim Basics only)  
4:00p-4:30p • 5:00p-5:30p • 6:00-6:30p

\*Registration begins May 14th, 2021

\*Late Fee begins June 4th, 2021

### **\*Summer 2: June 21st – July 1st**

#### **Monday thru Thursday:**

##### **Swim Basics/Swim Strokes:**

10:00a-10:30a • 11:30a-12:00p • 3:00p-3:30p  
4:00p-4:30p • 5:00p-5:30p • 6:00-6:30p

\*Registration begins June 11th, 2021

\*Late Fee begins June 18th, 2021

### **\*Summer A: June 7th – July 1st**

#### **Tuesday/Thursday:**

##### **Parent Child:**

9:30a-10:00a • 6:00p-6:30p

##### **Adult:**

6:30p-7:00p

\*Registration begins May 14th, 2021

\*Late Fee begins June 4th, 2021

The levels for swim lessons are now broken into two groups: **Swim Basics** and **Swim Strokes**. When choosing the proper level for your child take into consideration our swim test. If your child has passed the **YELLOW** swim test (which involves jumping in, treading water for 10 seconds, then swimming 15yards) or the equivalent, he/she would qualify for the **Swim Strokes** level.

### **FEES:**

Member- \$50.00  
Non-Member- \$70.00

### **AGES:**

Parent/Child: 6months-3yrs  
Swim Basics/Swim Strokes: 3yrs-15yrs  
Adult: 13yrs+

### **\*Saturday PARENT CHILD Class @ 9:00am\***

June 12th, 19th, 26th, July 3rd

Members-\$30.00

Non-Members-\$35.00

## SWIM BASICS

### **Level 1: Water Acclimation**

This stage increases the students comfort with underwater exploration and introduces basic self-rescue skills. Students will focus on:

- \*Exploring the aquatic environment and personal skills with instructor help
- \*Develop basic skills to propel and glide through the water with instructor help
- \*Learn basic aquatic safety and accept some of the responsibility for safe practices

### **Level 2: Water Movement**

This stage focuses on forward movement in the water and basic self-rescue skills performed independently. Students will focus on:

- \*Exploring the aquatic environment and personal skills without instructor help
- \*Develop basic skills to propel and glide through the water without instructor help
- \*Learn basic aquatic safety and accept some of the responsibility for safe practices

### **Level 3: Water Stamina**

This stage develops intermediate self-rescue skills performed at longer distances. Students will focus on:

- \*Integrating arm action, leg action, and rhythmic breathing in back and front glides.
- \*Developing forward movement on front and back.
- \*Practice skills and safety techniques in deep water.

## SWIM STROKES

### **Level 4: Stroke Introduction**

This stage introduces front crawl and back crawl and reinforces water safety through treading water and elementary backstroke. Students will focus on:

- \*Developing the front and back crawl.
- \*Introducing components of breaststroke and butterfly.
- \*Practicing safety techniques in deep water.

### **Level 5: Stroke Development**

This stage introduces breaststroke and butterfly and reinforces water safety through treading water and side stroke. Students will focus on:

- \*Developing stamina in the front crawl and back crawl.
- \*Developing the breaststroke and butterfly.
- \*Building endurance techniques for deep water safety.

### **Level 6: Stroke Mechanics**

This stage refines stroke technique on all major competitive strokes and encourages swimming as part of a healthy lifestyle. Students will focus on:

- \*Developing endurance in the competitive strokes.
- \*Developing skills related to competitive swimming like flip turns.

## PARENT CHILD

### **Level A: Water Discovery**

This stage introduces infants and toddlers to the aquatic environment. This class will focus on:

- \*Encouraging parents to set developmentally appropriate expectations for infants and toddlers.
- \*Introducing and emphasizing basic water safety to parents and providing a positive experience.

### **Level B: Water Exploration**

This stage children focus on body position, blowing bubbles and fundamental safety. This class will focus on:

- \*Encouraging children to move purposefully in the water in response to visual and verbal cues using toys and flotation devices.
- \*Emphasizing basic aquatic safety to parents.

