

2017 Swim Lessons

TWO WEEK SESSIONS - MONDAY THRU THURSDAY - 1/2 hr

MOMMY & ME - TUESDAYS & THURSDAYS - 1/2 hr

Fees per session:

\$40 1st child, \$30 each additional child in the same family

Mommy & Me \$35

Adult \$40

<u>STEP 1:</u>	SESSION 1	June 12 - 22
	SESSION 2	June 26- July 7 (no July 4th)
Pick a Session	SESSION 3	July 10 - 20

<u>STEP 2:</u>	Level 1 (3-5)	10:30am	5:00pm
	Level 2 (4-6)	11:30am	6:00pm
Pick a Level	Level 3 (6+)	11:00am	5:30pm
	Level 4 (Completion of Level 3)	10:30am	5:00pm
	Level 5 (Completion of Level 4)	11:30am	6:00pm
<u>STEP 3:</u>	Level 6 (Completion of Level 5)	11:00am	5:30pm
Pick a Time	Mommy & Me	12:00pm	
	Adult	12:00pm	

Swim Level Definitions - Minimum skills needed to be at this level:

- Level 1:** Must be 36 inches in height. Willing to get in the water, water exploration. Introduced to the basic water safety skills.
- Level 2:** No fear, face in water, kicking on front and back, basic breathing, front and back float primary skills, 10 bobs demonstrate and alternating arms.
- Level 3:** Fully submerged head, explore deep water, unsupported front and back float, flutter kick, front crawl 15 yards, level off, introduction to breathing, and combined stroke 5 yards.
- Level 4:** Retrieve object, swim 20 yards, coordinate the components of the front and back crawl, elementary back stroke, treading water, rescue breathing, jump in and level off, reverse direction front and back and dive from kneeling position.
- Level 5:** Survival float, deep water bobbing, refined breathing, standing dive, build endurance by swimming elementary backstroke, front and back crawl, basic breaststroke, and familiar with CPR.
- Level 6:** Alternate breathing, dive from diving board, stride jump, long shallow dive and perform the front crawl, back crawl and elementary backstroke for increased distances. Perform the sidestroke and breaststroke and swim under water.