

# Swim Lessons

## Introduction & Fundamental Water Skills (Level I & II)

Location: City Park Aquatic Complex

Age Range: 4 and up (must be at least 3 feet)

Days	Dates	Time	Fee	Session #
Mon-Fri	6/16-6/27	10:30-11:15A	\$40	110207-01
Mon-Fri	6/16-6/27	11:30A-12:15P	\$40	110207-02
Mon-Fri	6/16-6/27	5:30-6:15P	\$40	110207-03
Mon-Fri	6/30-7/11	9:30-10:15A	\$40	110207-04
Mon-Fri	6/30-7/11	10:30-11:15A	\$40	110207-05
Mon-Fri	6/30-7/11	11:30A-12:15P	\$40	110207-06
Mon-Fri	6/30-7/11	12:30-1:15P	\$40	110207-07
Mon-Fri	6/30-7/11	5:30-6:15P	\$40	110207-08
Mon-Fri	7/14-7/25	9:30-10:15A	\$40	110207-09
Mon-Fri	7/14-7/25	10:30-11:15A	\$40	110207-10
Mon-Fri	7/14-7/25	11:30A-12:15P	\$40	110207-11
Mon-Fri	7/14-7/25	5:30-6:15P	\$40	110207-12
Mon-Fri	7/28-8/8	10:30-11:15A	\$40	110207-13
Mon-Fri	7/28-8/8	11:30A-12:15P	\$40	110207-14
Mon-Fri	7/28-8/8	12:30-1:15P	\$40	110207-15

\*The class on Tuesday, June 17 at 5:30 pm will not meet due to a Swim Club Meet

\*The class on Thursday, July 3 at 5:30 pm will not meet due to a Swim Club Meet

\*Class will not be held on July 4

Level I : Introduction to water skills This class will teach: students to feel more comfortable in the water, basic water safety rules, using a life jacket, submerging mouth nose and eyes, opening eyes underwater and picking up submerged object, swimming on front and back using arm and leg actions, recognizing a swimmer in distress and getting help, exhaling under water, and floating on front and back.

Level II : Fundamental Aquatics skills This class will teach: success with fundamental water skills, moving in water while wearing life jacket, submerging entire head, front and back glide, treading water using arm and leg motions recognizing a swimmer in distress and getting help, bobbing in water, jellyfish float, and swimming using combined stroke on front and back.

## Parent & Child Program

Location: City Park Aquatic Complex

Age Range: 6 months - 5

Days	Dates	Time	Fee	Session #
Mon-Fri	6/16-6/27	5:30-6:15P	\$40	110206-01
Mon-Fri	6/30-7/11	11:30A-12:15P	\$40	110206-02
Mon-Fri	7/14-7/25	12:30-1:15P	\$40	110206-03
Mon-Fri	7/28-8/8	5:30-6:15P	\$40	110206-04

\*The class on Tuesday, June 17 at 5:30 pm will not meet due to a Swim Club Meet

\*Classes will not meet on July 4

Designed for children 6 months to 5 years of age, this program builds swimming readiness by emphasizing fun in the water. Parents and children participate in several guided practice sessions that help children learn elementary skills, including water entry, bubble blowing, front kicking, back floating, underwater exploration and more. Once children can perform basic skills without parental assistance, they may begin Learn-to-swim.

## Swimming & Skill Proficiency (Level VI)

Location: City Park Aquatic Complex

Prerequisite: Successful demonstration of the skills taught in the preceding level

Days	Dates	Time	Fee	Session #
Mon-Fri	6/30-7/11	5:30-6:15P	\$40	110211-01
Mon-Fri	7/14-7/25	9:30-10:15A	\$40	110211-02

\*The class on Thursday, July 3 at 5:30 pm will not meet due to a Swim Club Meet

\*Class will not be held on July 4

This class covers: Personal Water Safety, Fundamentals of Diving, Lifeguard Readiness, and Fitness Swimmer

Pre-register online!

Residents: May 3 (8 am – 6 pm)

Non-residents: May 17 (8 am – 6 pm)

## Stroke Development (Level III)

Location: City Park Aquatic Complex

Prerequisite: Successful demonstration of the skills taught in the preceding level

Days	Dates	Time	Fee	Session #
Mon-Fri	6/16-6/27	10:30-11:15A	\$40	110208-01
Mon-Fri	6/16-6/27	11:30A-12:15P	\$40	110208-02
Mon-Fri	6/30-7/11	9:30-10:15A	\$40	110208-03
Mon-Fri	6/30-7/11	10:30-11:15A	\$40	110208-04
Mon-Fri	6/30-7/11	5:30-6:15 P	\$40	110208-05
Mon-Fri	7/14-7/25	10:30-11:15A	\$40	110208-06
Mon-Fri	7/14-7/25	11:30A-12:15P	\$40	110208-07
Mon-Fri	7/14-7/25	5:30-6:15P	\$40	110208-08
Mon-Fri	7/28-8/8	10:30-11:15A	\$40	110208-09
Mon-Fri	7/28-8/8	11:30A-12:15P	\$40	110208-10
Mon-Fri	7/28-8/8	5:30-6:15P	\$40	110208-11

\*The class on Thursday, July 3 at 5:30 pm will not meet due to a Swim Club Meet

\*Class will not be held on July 4

Level III: Stroke Development. This class will build on the skills in Level II by providing additional guided practice. Reaching assist, Submerging and retrieving an object, Front and back glide, Front and back crawl, Kneeling or standing dive (shallow dive progression) Rotary breathing in horizontal position, Survival float, back float, Butterfly-kick and body motion.

## Stroke Improvement (Level IV)

Location: City Park Aquatic Complex

Prerequisite: Successful demonstration of the skills taught in the preceding level

Days	Dates	Time	Fee	Session #
Mon-Fri	6/16-6/27	5:30-6:15P	\$40	110209-08
Mon-Fri	7/14-7/25	9:30-10:15A	\$40	110209-01
Mon-Fri	7/14-7/25	10:30-11:15A	\$40	110209-02
Mon-Fri	7/14-7/25	11:30A-12:15P	\$40	110209-03
Mon-Fri	7/14-7/25	5:30-6:15P	\$40	110209-04
Mon-Fri	7/28-8/8	10:30-11:15A	\$40	110209-05
Mon-Fri	7/28-8/8	11:30A-12:15P	\$40	110209-06

\*The class on Tuesday, June 17 at 5:30 pm will not meet due to a Swim Club Meet

This class covers: Safe diving rules, dive from stride position or shallow dive, survival float & back float, elementary backstroke, breaststroke, butterfly, throwing assist, feet-first surface dive, front and back crawl.

## Stroke Refinement (Level V)

Location: City Park Aquatic Complex

Prerequisite: Successful demonstration of the skills taught in the preceding level

Days	Dates	Time	Fee	Session #
Mon-Fri	7/14-7/25	12:30-1:15P	\$40	110210-01
Mon-Fri	7/28-8/8	12:30-1:15P	\$40	110210-02
Mon-Fri	7/28-8/8	5:30-6:15P	\$40	110210-03

This class covers: Survival swimming, standing dive (dive progression), open turns, on front and back, front and back crawl, Performing rescue breathing, tuck surface dive and pike surface dive, front flip turn and backstroke flip turn, elementary backstroke, butterfly, breaststroke, and sidestroke.