

Group Swim Lessons

Preschool (ages 4 & 5)
through Level 4 (ages 6+)
TUESDAYS & WEDNESDAYS,
JANUARY 9 - 31, 2018
5:30-6:15pm, 45 minutes,
8 lessons per session, \$50.



Register by the Friday before the session begins: \$50/session. Any registrations after that will be charged an additional \$5. Scholarships available. Please call or come by the aquatic center to register. Payment must be received at time of registration. No drop-ins accepted.



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LEVEL 1: WATER EXPLORATION
PREREQUISITES: NONE

LEVEL 2: FUNDAMENTAL SKILLS
PREREQUISITES: Enter & exit water independently; bob to safety; glide on front & back; roll from front to back & back to front & recover to a vertical position with support.

LEVEL 3: STROKE READINESS
PREREQUISITES: Jump/step in at chest level; push off & swim using combined arm & leg action on front for 5 body lengths; breathing with support.

LEVEL 4: STROKE IMPROVEMENT
PREREQUISITES: Jump in deep water; swim front crawl 15 meters; tread or float 30 seconds; swim elementary backstroke 15 meters.

**LEVELS 5 & 6: STROKE
REFINEMENT & SKILL
PROFICIENCY**

Private and semi-private lessons available. Please see front desk for more information.