

Swim Lessons - Monday-Thursday

June 20-June 30

10:15-11:00 am

Beginner 1

Beginner 1

Beginner 2

Intermediate 1

11:15-Noon

Beginner 1

Beginner 2

Intermediate 1

Intermediate 2

12:30-1:15 pm

Beginner 1

Beginner 2

Intermediate 1

Advanced 1/2

1:30-2:15 pm

Beginner 1

Beginner 2

Intermediate 2

Advanced 1/2

July 11-21

10:15-11:00 am

Beginner 1

Beginner 1

Beginner 2

Intermediate 1

11:15-Noon

Beginner 1

Beginner 2

Intermediate 1

Intermediate 2

12:30-1:15 pm

Beginner 1

Beginner 1

Beginner 2

Intermediate 1

1:30-2:15 pm

Beginner 1

Beginner 1

Beginner 2

Intermediate 2

Fee: \$40

July 25-August 4

10:15-11:00 am

Beginner 1

Beginner 1

Beginner 2

Intermediate 1

11:15-Noon

Beginner 1

Beginner 2

Intermediate 1

Intermediate 2

12:30-1:15 pm

Beginner 1

Beginner 2

Intermediate 2

Advanced 1/2

1:30-2:15 pm

Beginner 1

Beginner 2

Intermediate 1

Intermediate 2

No spectators (parents/grandparents etc.) allowed on the pool deck. Locker rooms will NOT be available for swim lessons.

Please use door W7, staff will check in swimmers.

Please register for 1 session, to allow everyone a chance. Students MUST register for the correct lesson. There may be no flexibility in adjusting levels.

Swimming for Little Ducks

Water Discovery: 6-18 Mos. Parents accompany children in this class which introduces babies and parents to the aquatic environment through exploration that encourages them to enjoy themselves while learning about the water.

Mondays & Wednesdays: May 11-18

5:00-5:45 PM

Fee: \$20

Water Exploration: 18-36 Mos. Parents are guided to work with their children to explore body positions, floating, blowing bubbles and fundamental safety and aquatic skills.

June 13, 14, 16 & 17

5:00-5:45 PM

Fee: \$30

Beginner 1: Students will learn how to independently float on their fronts and backs and swim on their fronts for a short distance. Must be 41" tall or 4 years/older: (1) be able to go underwater and comfortably open eyes without goggles (2) able to float on front and back with minimal assistance (3) able to jump in the pool, submerge and return to the wall with assistance.

Beginner 2: Students will learn front crawl, elementary backstroke, kneeling dives, deep water exploration and swim the width of the pool. Students must be able to: (1) float on front and back unassisted (2) push off wall on stomach with face submerged for 10ft (5 ft preschool) unassisted (3) Swim-Float-Swim 15 ft unassisted (4) tread water for 10 seconds (5) submerge and retrieve an object in chest deep water (6) swim on front 15 yards (10 yards preschool) while taking a breath (7) Swim-Float-Swim 25 yards (15 yards preschool) (8) jump in and tread water for 1 minute (30 seconds preschool)

Intermediate 1: Students will learn to do a standing dive, swim the width of the pool utilizing different strokes, and will learn new strokes. Student must be able to: (1) swim 25 yds (2) swim front crawl with rotary breathing for 15 yds (3) swim breaststroke kick and dolphin kick 15 yds (4) tread water using multiple kicks for 1 minute

Intermediate 2: Students will refine their strokes, gain more endurance by swimming the length of the pool (25 yds) and will learn all four competition strokes. Students must be able to: (1) swim front crawl with bent arm recovery and rotary breathing for 25 yds (2) swim back crawl with stroke rotation for 25 yds (3) swim butterfly with overarm recovery for 15 yds (4) swim breaststroke for 25 yds achieving stroke rhythm (5) dive from a kneeling position

Advanced 1: Students will refine all four strokes, complete safety floats and learn water rescue skills, will be able to swim up to four lengths of the pool. (Advanced 1 and 2 is not necessary for your child to join the Junior Swim Club. Must be able to swim the length of the pool without stopping and must be 8 or older.)

Advanced 2: Will refine all four strokes, complete safety floats and learn water rescue skills, will be able to swim up to four lengths of the pool. (Advanced 1 and 2 is not necessary for your child to join the Junior Swim Club. Must be able to swim the length of the pool without stopping and must be 8 or older.)

Adaptive Swim Lessons

Nicole provides safe, calming, and fun lessons that are customized for students who need a personalized approach - adapted to their needs for learning how to swim. This method incorporates current swim techniques and adaptive learning strategies to help swimmers quiet their minds and feel how their bodies move in the water.

Instructor: Nicole Johnson

Tuesdays & Thursdays: June 14-30

High School Swimming Pool

1/2- hour late afternoon lessons, to be scheduled by the coach

Fee: \$25