



Summer Swim Lessons

(2 week programs: Mon.—Thurs.)



- Session 1** July 6—16
Session 2 July 20—30
Session 3 August 3—August 13
- 4:00pm Level 1 or Level 2
4:30pm Preschool or Level 3
5:00pm Level 1 or Level 2

Members \$152 / Nonmembers \$192
Registration begins July 1

Preschool Introductory Swim: Ages 3-5yrs

Class is for preschool aged children who are mature enough to enter the water independently and follow directions. Focus is on water safety and introductory swimming skills.

Level 1 Intro to Water Skills: Grades K & above

Class is designed to help child become more comfortable in the water. Swimmers need to enter water independently, follow directions and hold onto the wall by themselves. Focus on beginner swimming and water safety skills including: bubbles, kicking, back float and beginning front stroke.

Level 2 Fundamental Aquatic Skills: Grade K & above

Swimmers need to have completed Level 1 and can swim a short distance on their own. Focus on floating and gliding on front and back with roll to reverse side, front and back basic stroke arm and leg motions, bobbing, jumping and water safety skills.

Level 3 Stroke Development: Grades K & above

Focus on increased endurance and swimming longer distances without stopping. Improve Level 2 skills begin to learn the elementary backstroke, breaststroke arms and legs combined, tread water and rotary breathing.

For more information:

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