

2022 SWIM LESSONS

Students must be age 6 and completed kindergarten to enter the swim program.

Students may use goggles in lessons but no mask.

Dates for first session will be Mon-Fri, June 20 - July 1; second session will be Mon-Fri, July 11-22.

Each session will be 10 days and cost \$15.00 per session.

YOUTH LEVEL 1 Introduction to Water Skills - Child will learn pool safety rules, submerge face, blow bubbles, bobs, roll from front to back, assisted front and back float, jump in and return to the side, basic freestyle movement with arms and legs.

	CLASS #101	CLASS #102	CLASS #103	CLASS #201	CLASS #202	CLASS #203
Class Begins:	June 20	June 20	June 20	July 11	July 11	July 11
Class Ends:	July 1	July 1	July 1	July 22	July 22	July 22
Class Time:	9:15 - 9:55	10:00 - 10:40	10:00 - 10:40	9:15 - 9:55	10:00 - 10:40	10:00 - 10:40
Sign up Ends:	June 13	June 13	June 13	July 5	July 5	July 5

YOUTH LEVEL 2 Fundamental Aquatic Skills - Build on level 1 skills, unassisted front and back float, roll from front to back then back to front, tread water 30 seconds, introduce deep water, survival float and side stroke, bobs in shallow and deep water, rhythmic breathing, freestyle with breathing half length, back scull with kick one length, streamline glide from seated position.

	CLASS #104	CLASS #105	CLASS #106	Class #107
Class Begins:	June 20	June 20	June 20	June 20
Class Ends:	July 1	July 1	July 1	July 1
Class Time:	9:15 - 9:55	9:15 - 9:55	10:00 - 10:40	10:00 - 10:40
Sign up Ends:	June 13	June 13	June 13	June 13

	CLASS #204	CLASS #205	CLASS #206	CLASS #207
Class Begins:	July 11	July 11	July 11	July 11
Class Ends:	July 22	July 22	July 22	July 22
Class Time:	9:15 - 9:55	9:15 - 9:55	10:00 - 10:40	10:00 - 10:40
Sign up Ends:	July 5	July 5	July 5	July 5

YOUTH LEVEL 3 Stroke Development - Build on level 2 skills, tread water, survival float, freestyle with breathing, back and side stroke, intro to breast stroke and elementary back stroke, safety swim, kneel and standing dive, deep water bobs.

	CLASS #108	CLASS #109	CLASS #110	CLASS #208	CLASS #209	CLASS #210
Class Begins:	June 20	June 20	June 20	July 11	July 11	July 11
Class Ends:	July 1	July 1	July 1	July 22	July 22	July 22
Class Time:	8:30 - 9:10	8:30 - 9:10	9:15 - 9:55	8:30 - 9:10	8:30 - 9:10	9:15 - 9:55
Sign up Ends:	June 13	June 13	June 13	July 5	July 5	July 5

YOUTH LEVEL 4 Stroke Improvement - Develop confidence in learned strokes, improve aquatic skills, increase endurance, introduce elements of the butterfly and improve various strokes.

	CLASS #111	CLASS #112	CLASS #211	CLASS #212
Class Begins:	June 20	June 20	July 11	July 11
Class Ends:	July 1	July 1	July 22	July 22
Class Time:	8:30 - 9:10	8:30 - 9:10	8:30 - 9:10	8:30 - 9:10
Sign up Ends:	June 13	June 13	July 5	July 5

YOUTH LEVEL 5 Stroke Refinement - Coordinate, refine and increase distances of all strokes, develop confidence in various strokes, increase endurance, and introduce surface dive.

	Class #113			Class #213	
Class Begins:	June 20	Class Time: 8:30 - 9:10	Class Begins:	July 11	Class Time: 8:30 - 9:10
Class Ends:	July 1	Sign up Ends: June 13	Class Ends:	July 22	Sign up Ends: July 5

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