

# Swim Lessons for all

## July 6 – July 30

Parent/Child and Preschool 1 & 2 (30min sessions)  
 1x week Members \$30, Non-Members \$45  
 2x week Members \$55, Non-Members \$75

Levels 1-6 (45min sessions)  
 1x week Members \$45, Non-Members \$60  
 2x week Members \$85, Non-Members \$95

Adults (45min sessions)  
 1x week Members \$45, Non-Members \$60  
 2x week Members \$85, Non-Members \$95

### Monday

Parent/Child	10 – 10:30 a.m.	Camden
Preschool 1 & 2	10:30 – 11 a.m.	Camden
Level 1-3	11 – 11:45 a.m.	Camden
Adults	11:45 a.m. – 12:30 p.m.	Camden
Level 1-3	5:30 – 6:15 p.m.	Mollie
Level 4-6	6:15 – 7 p.m.	Mollie

### Tuesdays

Parent/Child	6 – 6:30 p.m.	Mollie
Preschool 1 & 2	6:30 – 7 p.m.	Mollie

### Thursdays

Preschool 1 & 2	10 – 10:30 a.m.	Camden
Preschool 1 & 2	10:30 – 11 a.m.	Camden
Level 1-3	11 – 11:45 a.m.	Camden
Level 4-6	11:45 a.m. – 12:30 p.m.	Camden
Preschool 1 & 2	5:30 – 6 p.m.	Mollie
Level 1-3	6 – 6:45 p.m.	Mollie

Below is information regarding the different levels. Please note this is not a complete list of skills, but an introduction.

#### Parent/Child 6 months–3 years old

Parents and children learn together to increase a child's comfort level in the water and build a foundation of basic skills, such as arm and leg movements and breath control.

#### Preschool 1 3–5 years

Introduction to Water Skills: helps students feel comfortable in the water, retrieve items under the water, as well as learning to float with assistance.

#### Preschool 2 3–5 years

Fundamental Aquatic Skills: Learning to float without assistance, swimming for 10 feet without assistance, as well as front and back glides.

#### Level 1 6–14 years

Fundamental Aquatic Skills: Basic front crawl and backstroke for 20 feet, jumping off side of pool safely and swimming back to wall without assistance.

#### Level 2 6–14 years

Fundamental Aquatic Skills: Treading water, rotary breathing with basic front crawl.

#### Level 3 6–14 years

Stroke Development: Completing full 25 meter swim across pool with a variety of strokes.

#### Level 4 6–14 years

Stroke Improvement: Develops confidence in the strokes learned as well as introduction of more strokes and survival floating.

#### Level 5 6–14 years

Stroke Refinement: Provides further coordination and refinement of strokes with 100 meter swim.

#### Level 6 6–14 years

Swimming and Skill Proficiency: refines the strokes so students swim with ease, efficiency, power, and smoothness over greater distances. Retrieval of 10lb objects from bottom of the pool.

#### Adult 15 years+

Introduction to water skills: help students feel comfortable in the water and to enjoy water safely. Adult skills will be taught in accordance to what is needed/wanted by adults. Ranging from Levels 1-6.

Sign up today for this 4-week program. Choose once or twice lessons with our certified instructors.