

## Swim Lessons Information 2021

Each Session Includes 8 Group Lessons

Monday - Thursday (any makeup sessions will be held on Friday)

Each session is \$75 dollars per child

If you have questions email: [swimlessons2021@gmail.com](mailto:swimlessons2021@gmail.com)

Session Dates	Lesson Forms Due By
<b>Session 1:</b> Week 1: June 7 <sup>th</sup> - 17 <sup>th</sup>	June 6 <sup>th</sup>
<b>Session 2:</b> Week 1: June 21 <sup>st</sup> - July 1 <sup>st</sup>	June 20 <sup>th</sup>
<b>Session 3:</b> Week 1: July 5 <sup>th</sup> - July 15 <sup>th</sup>	July 4 <sup>th</sup>
<b>Session 4</b> Week 1: July 19 <sup>th</sup> – July 29 <sup>th</sup>	July 18 <sup>th</sup>
<b>Session 5</b> Week 1: Aug 2 <sup>nd</sup> - Aug 12 <sup>th</sup>	August 1 <sup>st</sup>

Lesson	Morning	Evening
Parent Child	10:30am-11:00am	5:30pm-6:00pm
Preschool 1	10:30am-11:00am	5:30pm-6:00pm
Preschool 2	10:30am-11:00am	5:30pm-6:00pm
Level 1	11:00am-11:30am	6:00pm-6:30pm
Level 2	11:00am-11:30am	6:00pm-6:30pm
Level 3	11:00am-11:30am	6:00pm-6:30pm
Level 4	11:00am-11:30am	6:00pm-6:30pm
Level 5	11:30am-12:00pm	6:30pm-7:00pm
Level 6	11:30am-12:00pm	6:30pm-7:00pm

### Swim lesson level guide

Parent Child: getting used to the water, blowing bubbles, going underwater, front/back floats, rolling from back to front, going from instructor to parent, kicking

Preschool: Submerge full body, front glide, back glide, arm and leg action together, front/back floats, blowing bubbles, independently entering the water

Level 1: Becoming more independent while swimming, bobbing, back glides, back float for 5 seconds, some treading

Level 2: Jumping, bobbing (x10), streamline, changing direction while traveling, freestyle, backstroke, back glide

Level 3: Learning to dive, treading, swimming 15 yards independently, elementary backstroke for 15 yards, beginning breaststroke

Level 4: Diving, treading, swimming full length of pool, backstroke, breaststroke, learning streamline for strokes

Level 5/6: Diving, treading water for 5 minutes, swimming 2 lengths of the pool for freestyle and backstroke, breaststroke for one length, flip turns, butterfly, prerequisite for swim team