

Swim Lesson Information

* Pre-enrollment is required and a minimum enrollment of 4 is needed for each class to be held.

Parent Child for Ages 6 mo-3 yrs.
Class meets Tues.-Wed.-Thurs. for 30 min.

A water introduction class to get your child prepared for swim lesson on their own. Parents will sing songs with their child and play different games to work on skills to ready them for the preschool lessons.

Preschool Aquatics for Ages 3-5
Class meets Tues.-Wed.-Thurs. for 30 min.

- **Preschool Aquatics 1 (PA 1)**-This class will introduce your child to the water and help them gain confidence in the swimming pool. In this class your child will learn basic swimming skills. As in all swimming and water safety courses, your child will always know that it's safety first.
- **Preschool Aquatics 2 (PA 2)**-This class will help your child to gain greater independence in their skills and develop more comfort in and around water. This is done through building on water acclimation from PA 1, learning how to float on both front and back, and basic swimming skills. As in all swimming and water safety courses, your child will always know that it's safety first.
- **Preschool Aquatics 3 (PA 3)**-This class will increase the swimmer's proficiency and build on the basic swimming skills learned in PA 1 and 2. Swimmers will also learn about new skills such as change of direction and underwater swimming. As in all swimming and water safety courses, your child will always know that it's safety first.

Learn-to-Swim for Ages 5 and up
Class meets Tues.- Fri. for 45 min.

- **Intro to Water Skills (Level 1)**-This class will begin developing a positive attitude, good swimming habits, and safe practices in and around the water. As in all swimming and water safety courses, your child will always know that it's safety first.
- **Fundamental Aquatic Skills (Level 2)**-This class will give participants success with fundamental skills, including learning how to float on both the front and back, how to glide in the water, and how to tread in the water. As in all swimming and water safety courses, your child will always know that it's safety first.
- **Stroke Development (Level 3)**-This class will build on the skills learned in Level 2 with detailed guidance in both shallow and deep water. Swimmers will also learn the fundamental swimming strokes, three separate floating techniques, and age appropriate water safety skills. As in all swimming and water safety courses, your child will always know that it's safety first.
- **Stroke Development (Level 4/5)**-This class will develop a child's confidence in the strokes learned in Level 3 and improve other aquatic skills. Some of these skills will include underwater swimming, feet first surface diving, and survival swimming. As in all swimming and water safety course, your child will always know that it's safety first.

Cost:

- McClure Pool: \$30/ 2-Week Session
- Whiteside Pool: \$35/ 2-Week Session
- Reed Pool: \$30/ 2-Week Session

* For more information contact any one of our local community centers.

ADULT BASIC SWIM LESSONS

45-minute lessons on Tuesday and Thursday. 1 session available this summer.
\$20 for the 2 week session

Swim Lesson Schedule

McClure Pool

9 a.m. PA 2
9:30 a.m. PA 1
10 a.m. Lvl 1
5:30 p.m. PA 1
6 p.m. Lvl 3

Reed Pool

9 a.m. Lvl 2
10 a.m. Lvl 1
6 p.m. Lvl 1
7 p.m. Lvl 2

Session 1

June 10
-
June 21

Whiteside Pool

9 a.m. PA 1
9:30 a.m. PA 3
6 p.m. Lvl 1

Berry Pool

4 p.m. Water
Safety

McClure Pool

9 a.m. Lvl 1
10 a.m. PA 3
10:30 a.m. PA 2
5:30 p.m. Lvl 2
6:15 p.m. PA 1

Reed Pool

9 a.m. Lvl 1
10 a.m. Lvl 3
6 p.m. Lvl 2
7 p.m. Lvl 1

Session 2

June 24
-
July 5

Whiteside Pool

9 a.m. PA 1
9:30 a.m. PA 2
6 p.m. Lvl 1

Berry Pool

4 p.m. Water
Safety

McClure Pool

9 a.m. PA 1
9:30 a.m. PA 2
10 a.m. Lvl 4/5
5:30 p.m. PA 3
6 p.m. Adult

Reed Pool

9 a.m. Lvl 3
10 a.m. Lvl 1
6 p.m. Lvl 2
7 p.m. Lvl 1

Session 3

July 8
-
July 19

Whiteside Pool

9:30 a.m. Lvl 2
10:30 a.m. PA 1
6 p.m. PA 2

Berry Pool

4 p.m. Water
Safety

McClure Pool

9 a.m. Lvl 1
10 a.m. PA 1
5:30 p.m. Lvl 2
6:30 p.m. PA 2

Reed Pool

9 a.m. Lvl 3
10 a.m. Lvl 2
6 p.m. Lvl 2
7 p.m. Lvl 1

Session 4

July 22
-
August 2

Whiteside Pool

10 a.m. PA 1
10:30 a.m.
Parent/Child
5:30 p.m.- PA 2
6 p.m. Lvl 1

Berry Pool

4 p.m. Water
Safety