

SWIMMING LESSONS

<p style="text-align: center;"><u>PARENT/CHILD AQUATICS (PCA)</u></p> <p>This is a one week class that is designed to help the child 18 months -5 years old become comfortable in the water with the assistance of a parent and instructor. Parents are expected to be in the water with their child. A minimum of one adult per child is required at all times. Children must wear swim diapers if needed. Maximum 7 per class.</p>	<p style="text-align: center;"><u>SWIM LESSON FEES (minimum 5 per class)</u></p> <table style="width: 100%; border-collapse: collapse;"> <thead> <tr> <th></th> <th style="text-align: center;">In district</th> <th style="text-align: center;">Out of district</th> </tr> </thead> <tbody> <tr> <td>Parent/Child Aquatics</td> <td style="text-align: center;">\$15.00</td> <td style="text-align: center;">\$20.00</td> </tr> <tr> <td>Level 1-6</td> <td style="text-align: center;">\$30.00</td> <td style="text-align: center;">\$35.00</td> </tr> <tr> <td>Level 7</td> <td style="text-align: center;">\$15.00</td> <td style="text-align: center;">\$20.00</td> </tr> </tbody> </table>		In district	Out of district	Parent/Child Aquatics	\$15.00	\$20.00	Level 1-6	\$30.00	\$35.00	Level 7	\$15.00	\$20.00
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<p style="text-align: center;"><u>LEVEL 1: INTRO TO WATER SKILLS</u></p> <p>Designed for the child who is ready for class without mom or dad. Fun activities and games are played to help encourage adjustment to the water, and all skills are performed with assistance or support.</p>	<p style="text-align: center;"><u>SWIM LESSON SCHEDULE(Mon.- Fri.)</u></p> <p style="text-align: center;">Session 1: June 8 - 19</p> <p>9:20 am Level 6 10:10 am Level 5, 4, and 1 11:00 am Level 3 and 2</p>												
<p style="text-align: center;"><u>LEVEL 2: FUNDAMENTAL AQUATIC SKILLS</u></p> <p>Emphasizes adjustment and comfort in the water. The child will learn to float and glide on his/her front and back without assistance or support. These skills must be mastered before taking upper levels.</p>	<p style="text-align: center;">Session 2: June 22 - July 3</p> <p>9:20 am Level 6, 5, and 2 10:10 am Level 3 and 2 11:00 am Level 4 and 1 PCA wk 1 June 23 - June 27 Pool Party & Fun Swim for Sessions 1 & 2: July 3 from 6:00 pm - 7:30 pm</p>												
<p style="text-align: center;"><u>LEVEL 3: STROKE DEVELOPMENT</u></p> <p>Introduces the front and back crawl strokes as well as movement for the butterfly stroke.</p>	<p style="text-align: center;">Session 3: July 6 - 17</p> <p>8:30 am Level 7 July 16 - 20 8:30 am Level 5 9:20 am Level 4, 3, and 2 10:10 am Level 3 and 2 11:00 am Level 3 and 1 PCA wk 1 July 7 - 11 PCA wk 2 July 14 - 18</p>												
<p style="text-align: center;"><u>LEVEL 4: STROKE IMPROVEMENT</u></p> <p>Helps the swimmer improve the front and back crawl for 25 yds. New strokes to be learned are the butterfly, elementary backstroke, sidestroke and breaststroke.</p>	<p style="text-align: center;">Session 4: July 20 - July 31</p> <p>8:30 am Level 5 9:20 am Level 4 and 2 10:10 am Level 3 and 2 11:00 am Level 3 and 1 PCA wk 1 July 21 - 25 PCA wk 2 July 28 & Aug 1</p> <p style="text-align: center;">Pool Party & Fun Swim for Sessions 3 & 4: July 31 from 6:00 pm - 7:30 pm</p>												
<p style="text-align: center;"><u>LEVEL 5: STROKE REFINEMENT</u></p> <p>Technique for the strokes learned in Level 4 are stressed. Swimmers will be expected to swim longer distances in each stroke.</p>	<p style="text-align: center;">Session 4: July 20 - July 31</p> <p>8:30 am Level 5 9:20 am Level 4 and 2 10:10 am Level 3 and 2 11:00 am Level 3 and 1 PCA wk 1 July 21 - 25 PCA wk 2 July 28 & Aug 1</p> <p style="text-align: center;">Pool Party & Fun Swim for Sessions 3 & 4: July 31 from 6:00 pm - 7:30 pm</p>												
<p style="text-align: center;"><u>LEVEL 6: ENDURANCE AND INDIVIDUALITY</u></p> <p>Skill maintenance and endurance are heavily stressed and swimmers are expected to swim for distance. The four choices offered at this level will meet the individual swimmer's needs:</p> <p style="text-align: center;"><i>Fitness Swimmer - Lifeguard Readiness - Fundamentals of Diving - Personal Water Safety</i></p>	<p style="text-align: center;">Session 4: July 20 - July 31</p> <p>8:30 am Level 5 9:20 am Level 4 and 2 10:10 am Level 3 and 2 11:00 am Level 3 and 1 PCA wk 1 July 21 - 25 PCA wk 2 July 28 & Aug 1</p> <p style="text-align: center;">Pool Party & Fun Swim for Sessions 3 & 4: July 31 from 6:00 pm - 7:30 pm</p>												
<p style="text-align: center;"><u>Level 7: ONE WEEK CLASS</u></p> <p>For swimmers who have passed Level 6 and are interested in retaining swim levels necessary to enter lifeguard classes.</p>	<p>*Parents are welcome during all lesson times but are limited to designated seating area. **The wading pool is closed during lessons. **Sorry!! There will be no refunds for rain dates.</p>												