

# SWIMMING LESSONS

<p><b><u>PARENT/CHILD AQUATICS (PCA)</u></b>          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. <b>Children must wear swim diapers if needed. Maximum 7 per class.</b></p>	<p style="text-align: center;"><b><u>SWIM LESSON FEES</u></b>          (minimum 5 per class)</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;">\$35.00</td> <td style="text-align: center;">\$40.00</td> </tr> </tbody> </table>		In district	Out of district	Parent/Child Aquatics	\$15.00	\$20.00	Level 1-6	\$35.00	\$40.00
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<p><b><u>LEVEL 1: INTRO TO WATER SKILLS</u></b>          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;"><b><u>SWIM LESSON SCHEDULE</u></b>          Monday – Friday</p>									
<p><b><u>LEVEL 2: FUNDAMENTAL AQUATIC SKILLS</u></b>          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;"><b><u>Session 1: June 6 - June 17</u></b></p> <table style="width: 100%; border-collapse: collapse;"> <tbody> <tr><td style="width: 30%;">8:30 am</td><td>Level 6, 5</td></tr> <tr><td>9:20 am</td><td>Level 5, 4</td></tr> <tr><td>10:10 am</td><td>Level 3, 2</td></tr> <tr><td>11:00 am</td><td>Level 2, 1</td></tr> </tbody> </table>	8:30 am	Level 6, 5	9:20 am	Level 5, 4	10:10 am	Level 3, 2	11:00 am	Level 2, 1	
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<p><b><u>LEVEL 3: STROKE DEVELOPMENT</u></b>          Introduces the front and back crawl strokes as well as movement for the butterfly stroke.</p>	<p style="text-align: center;"><b><u>Session 2: June 20 - July 1</u></b></p> <table style="width: 100%; border-collapse: collapse;"> <tbody> <tr><td style="width: 30%;">8:30 am</td><td>Level 6, 5</td></tr> <tr><td>9:20 am</td><td>Level 4, 2, 1</td></tr> <tr><td>10:10 am</td><td>Level 4, 3, 1</td></tr> <tr><td>11:00 am</td><td>Level 3, 2</td></tr> </tbody> </table> <p style="text-align: center;">PCA wk 1 June 20 - June 24</p> <p style="text-align: center;"><b>Pool Party &amp; Fun Swim for Sessions 1 &amp; 2:          July 1 from 6:00 pm - 7:30 pm</b></p>	8:30 am	Level 6, 5	9:20 am	Level 4, 2, 1	10:10 am	Level 4, 3, 1	11:00 am	Level 3, 2	
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<p><b><u>LEVEL 4: STROKE IMPROVEMENT</u></b>          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;"><b><u>Session 3: July 5 - July 15</u></b></p> <table style="width: 100%; border-collapse: collapse;"> <tbody> <tr><td style="width: 30%;">8:30 am</td><td>Level 5, 4, 3</td></tr> <tr><td>9:20 am</td><td>Level 4, 3, 2</td></tr> <tr><td>10:10 am</td><td>Level 3, 2, 1</td></tr> <tr><td>11:00 am</td><td>Level 3, 1</td></tr> </tbody> </table> <p style="text-align: center;">PCA wk 1 July 11 - 15</p>	8:30 am	Level 5, 4, 3	9:20 am	Level 4, 3, 2	10:10 am	Level 3, 2, 1	11:00 am	Level 3, 1	
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<p><b><u>LEVEL 5: STROKE REFINEMENT</u></b>          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;"><b>Lessons will not be held on July 4</b></p>									
<p><b><u>LEVEL 6: ENDURANCE &amp; INDIVIDUALITY</u></b>          Skill maintenance and endurance are heavily stressed and swimmers are expected to swim for distance. The two choices offered at this level will meet the individual needs for Fitness Swimmer and Personal Water Safety.</p>	<p style="text-align: center;"><b><u>Session 4: July 18 - July 29</u></b></p> <table style="width: 100%; border-collapse: collapse;"> <tbody> <tr><td style="width: 30%;">8:30 am</td><td>Level 5, 4</td></tr> <tr><td>9:20 am</td><td>Level 4, 2, 1</td></tr> <tr><td>10:10 am</td><td>Level 3, 2, 1</td></tr> <tr><td>11:00 am</td><td>Level 3, 2</td></tr> </tbody> </table> <p style="text-align: center;">PCA wk 1 July 18 - 22          PCA wk 2 July 25 - 29</p> <p style="text-align: center;"><b>Pool Party &amp; Fun Swim for Sessions 3 &amp; 4:          July 29 from 6:00 pm - 7:30 pm</b></p>	8:30 am	Level 5, 4	9:20 am	Level 4, 2, 1	10:10 am	Level 3, 2, 1	11:00 am	Level 3, 2	
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<p><b>*Parents are welcome during all lesson times, but are limited to designated seating area.</b>  <b>**The wading pool is closed during lessons.</b>  <b>**Sorry!! There will be no refunds for rain dates.</b></p>										