

LEARN TO SWIM

The Learn to Swim Program is based on American Red Cross Standards and instructors are certified through the American Red Cross. **Read the requirements and skills taught before signing up. All students will be tested the first day.** Fridays might be used as makeup class.

Session 1

Monday-Thursday: June 10-June 27
Monday/Wednesday: June 10-July 24 (No Class week of July 2)
Tuesday/Thursday: June 11-July 25 (No Class week of July 2)
Saturday: June 15-August 3

Session 2

Monday-Thursday: July 8-25

\$30 - Village Resident with pool pass \$35 - Village Resident without pool pass
 \$45 - School District Resident with pool pass \$50 - School District Resident without pool pass
 Non school district resident: \$60

SWIM LESSONS SCHEDULE

		Mon.- Thurs.		Mon./Wed.	Tues./Thurs.	Saturday	
Parent/Tot			11:15 AM	(Wed only) 11:15 AM	11:15 AM		10:00 AM
Under 4			11:15 AM	11:15 AM	11:15 AM		10:45 AM
Level 1		9:00 AM	9:45 AM	10:30 AM	10:30 AM	10:00 AM	10:45 AM
Level 2		9:00 AM	9:45 AM	10:30 AM	10:30 AM	10:00 AM	10:45 AM
Level 3		9:00 AM	9:45 AM	10:30 AM	10:30 AM	10:00 AM	10:45 AM
Level 4		9:00 AM	9:45 AM	10:30 AM	10:30 AM	10:00 AM	10:45 AM
Level 5		9:00 AM	9:45 AM	10:30 AM	10:30 AM	10:00 AM	10:45 AM
Level 6A		9:00 AM	9:45 AM	10:30 AM	10:30 AM	10:00 AM	10:45 AM
Level 6B		9:00 AM	9:45 AM	10:30 AM	10:30 AM	10:00 AM	10:45 AM
Adult/Teen					6:00 PM	10:00 AM	

YOUTH SWIM LESSON INFORMATION

Parent/Tot

Class will acquaint child with basic water adjustment and include parent training on water safety. Note: Class taught in 3 ft. area.

Under 4 Foot and 4 Years Old

The class teaches basic water adjustment for more advanced preschoolers & prepares for level 1 classes. Students progress at own rate. Students are introduced to basic water skills and learn buoyancy.

Level 1

Students are introduced to basic water skills. Students learn buoyancy with support and breath control. They begin with the basics of front and back crawl & general water safety rules.

Level 2

Helps students to become more independent in the water while learning rhythmic breathing, buoyancy, treading water, coordination of arms and legs and general water safety rules.

Level 3

Students build on level 2 skills with more coordination to combine arms and legs for front and back crawl. Intro to butterfly kick and kneeling or sitting dives.

Level 4

Students learn swimming distances while improving front and back crawl and changing directions. Students learn

breaststroke, butterfly, elementary backstroke, and the sidestroke kick. Diving progresses to the compact or stride position. Additional diving rules discussed.

Level 5

Students refine their strokes and build endurance in all strokes learned while working on flip turns. Diving advances to shallow dives as well as tuck and pike surface dives. Treading water is improved and survival swimming is taught.

Level 6 A

Refine the strokes so students swim with ease, efficiency, power and smoothness over greater distances. Prepares students to participate in more advanced classes.

Level 6 B

Looking for a fun way to keep your fitness level at top form, learn some new strokes, turns, diving, basic lifesaving and more.

Adult/Teen

Designed to aid in the development and improvement of strokes of the non-swimmers as well as the swimmer. Whether you are fearful of the water, need to learn how to do various strokes, or simply wish to become more efficient in swimming laps, this class is for you.

Session 1: 6/25-7/13
 Tuesday 6:00-7:00 P
 Saturday 10:00-11:00 A

Session 2: 7/16-8/3
 Tuesday 6:00-7:00 P
 Saturday 10:00-11:00 A