



# SWIM LESSONS

Please read below to find which class is best suited for your child. Level descriptions are listed so you can place your child in the correct class. Each level is based on each child's development. If your child participated in our swim lessons last year they should have received a certificate stating the class they should enroll in this summer. Children must be able to pass their current level in order to progress into a higher level. If a child is registered incorrectly a \$10.00 transfer charge will be applied to move the child into the proper class; if there is space. Space is not guaranteed so please register correctly!



## **Starfish—Pre-School Swim Lessons.**

Children will learn the basics of swimming as well as the water safety rules. This class will help young child become familiar with the water and eventually learn to swim on their own.

**AGE:** 4+ (*children will be placed by ability not age*)

*\*Children age 4 must pass the Starfish Class (pre-school to swim class) before enrolling.*

**DAY:** Monday-Friday

**TIMES & SESSIONS** will vary.

Please check the website for specific lessons.

Each session of *swim lessons* will run Monday-Friday for two weeks.

**COST:** \$45 per session

**WHERE:** Memorial Beach, Swim Docks

*All instructors are American Red Cross Certified*



## **Rainbow Fish—Introduction to Water Skills.**

This level will teach children how to kick their feet and paddle their arms along with teaching them how to do front and back floats.



## **Jellyfish—Fundamental Aquatic Skills.**

Children who are enrolled in this class should have prior experience with swimming. They will learn how to do bobs, tread water, jump into the water, and swim one lap alone.



## **Marlins—Stroke Improvement.**

Children will be working to perfect their strokes. They will focus on the crawl, breaststroke, butterfly, and backstroke.



## **Stingrays—Stroke Development.**

This class will focus on teaching proper swimming techniques. Children will also work on rotary breathing and diving.



## **Dolphins—Stroke Refinement.**

Children will work on standing and surface dives. Front stroke flip turns and back stroke flip turns. Children will also learn how to swim laps doing the backstroke, crawl stroke, sidestroke, breaststroke and the butterfly.

**Swim lessons** will continue rain or shine. Unless there is a thunderstorm lessons will still be taking place. Prices have been figured to include all circumstances; including weather. No refunds will be given for missed or cancelled classes due to the weather.