

SWIM LESSONS

FALL 2010

Saturday Mornings OR Thursday Evenings

SATURDAY CLASSES

Parent/Child Swim: (30 min)

For parent and child between the ages of 1 to 3 years. The purpose of this class is to familiarize families with the pool. This class is not designed to teach children to survive in the water on their own. A major focus of this class will be to have fun with your child. Instruction will be geared to the parent. A clean swim diaper is required under a snug fitting bathing suit.

8:30–9:00 am (Max 15)

Sat., Sept. 18–Nov 13 (no class Oct 9)

Fee: \$40 res./\$50 non-res.

Preschool 1-3: (30 min) The purpose of this class is to introduce children ages 4 and 5 to the pool in a small group setting without the parent in the water. While having fun and playing games the child will learn to follow simple instructions from the teacher: blowing bubbles, kicking, paddling, floating and all done with the support of the teacher. Teaching safety is a major component of this class.

9:10–9:40 am (Max 12)

Sat., Sept. 18–Nov 13 (no class Oct 9)

Fee: \$40 res /\$50 non-res.

Level 1-3: (40 min) Age 6 and up for the non-swimmer to learn about being safe in a pool environment, and the skills necessary to begin to learn to swim. Children will learn to practice blowing bubbles, submerging their face, front and back floats, glides, treading water and paddling. All skills are performed with the physical support of the teacher if necessary.

9:50–10:30 am (Max 20)

Sat., Sept. 18–Nov 13 (no class Oct 9)

Fee: \$45 res./\$55 non-res.

Level 3-4-5: (40 min) For children who can demonstrate all the skills introduced in Level 3. In addition to building on those skills the child will learn back crawl, breaststroke, sidestroke, butterfly, survival swimming, and more diving skills.

10:40–11:20 am (Max 20)

Sat., Sept. 18–Nov 13 (no class Oct 9)

Fee: \$45 res/\$55 non-res.

Level 5: (40 min) For children who can demonstrate all the skills from Level 4. In addition to refining all the strokes the child will learn tuck and surface dives, flip turns, and more diving skills. New safety skills will be introduced.

10:40–11:20 am (Max 8)

Sat., Sept. 18–Nov 13 (no class Oct 9)

Fee: \$45 res/\$55 non-res.

THURSDAY CLASSES

Thursday Evenings Sept. 23- Nov 4

6:00-6:30pm

Parent/Child (12 Max)

Preschool 1 (4 Max)

Preschool 2 (4 Max)

Fee for lessons: \$40 res/ \$50. non-res

6:40-7:15 pm

Level 1 (6 Max)

Level 2 (6 Max)

Level 3 (6 Max)

Level 4 (6 Max)

Greely Pool

Fee for lessons: \$45 res/ \$55 non-res