

Swim Lessons



Swim Lessons 2008

American Red Cross instruction for infants through intermediate swimmers will be offered in three two-week sessions at the LWW pool. Each session includes eight 30-minute lessons.

Day Classes are held Monday—Thursday at 10:40 am, 11:20 am & 12:00 pm. Group lessons are \$45 for residents and \$60 for guests.

First Session: June 16—June 26

<u>10:40-11:10</u>	<u>11:20-11:50</u>	<u>12:00-12:30</u>
Frogs	Seals	Polliwogs
Polliwogs	Goldfish	Seals
Goldfish	Frogs	Whales

Second Session: July 7—July 17

<u>10:40-11:10</u>	<u>11:20-11:50</u>	<u>12:00-12:30</u>
Polliwogs	Goldfish	Frogs
Frogs	Guppies	Seals
Seals	Whales	Sharks

Third Session: July 21—July 31

<u>10:40-11:10</u>	<u>11:20-11:50</u>	<u>12:00-12:30</u>
Polliwogs	Goldfish	Frogs
Frogs	Guppies	Whales
Seals	Whales	Goldfish

Class Descriptions:

Guppies: Infants and toddlers 12—36 months old with a parent may participate in this class. Basic water adjustment and exploration will be stressed. Swim diapers are required if child is not potty trained.

Polliwogs: Preschoolers ages 3-5 years old. Basic swim movements are taught through the use of games, toys, and songs.

Frogs (Level 1): Preschoolers ages 3-5 years old who have already acquired basic swim movements and are comfortable in the water (they can blow bubbles).

Goldfish (Level 2): For beginners who aren't afraid of submerging their face. Class focuses on floating, beginning strokes, and underwater exploration.

Seals (Level 3): Refinement of crawl stroke—both front and back. Ability to swim across width of pool with assistance.

Whales (Level 4): Refinement of crawl stroke, breast stroke, and water safety. Must not fear the 10-foot level of the pool and should be able to swim the length of the pool by the end of the class.

Sharks (Level 5): Long distance swimming, rescue techniques, sidestroke, and stroke practice.

Priority Mail-in Registration: Complete the Swim Lesson Registration Form that is located in the back of this guide. Mail or hand carry the form to the Recreation Department or the Administration Office prior to June 2.

Walk-in Registration: Stop by the Recreation Department between 2:00 & 4:00 pm on Monday and/or Wednesday up until June 13 in order to register your child. Once you have registered for a class—it is final. If your instructor can find room in another class that better suits your child, he/she reserves the right to move the child.