

LEARN-TO-SWIM CLASS SCHEDULE: \$35.00 PER CHILD PER CLASS
PLEASE NOTE CHANGES
3 SESSIONS OFFERED
EACH SESSION IS A WEEK LONG (MONDAY-THURSDAY W/FRIDAY RAIN DAY)
EACH CLASS IS 1 HOUR
PRICE INCREASE TO \$35.00 PER CHILD PER SESSION

Session 1 Dates: June 10-14 (Monday-Thursday with Friday as rain day)

8:00am – 9:00am Level 5 & 6 (Swimmers) Level 2 (Beginners)	9:00am – 10:00am Level 2 (Beginners) Level 4 (Intermediate)
10:00am – 11:00am Level 1 (Pre-Beginners) Level 3 (Advanced Beginners)	11:00am – 12:00pm Level 1 (Pre-Beginners)

Session 2 Dates: June 24-28 (Monday-Thursday with Friday as rain day)

8:00am – 9:00am Level 5 & 6 (Swimmers) Level 2 (Beginners)	9:00am – 10:00am Level 2 (Beginners) Level 4 (Intermediate)
10:00am – 11:00am Level 1 (Pre-Beginners) Level 3 (Advanced Beginners)	11:00am – 12:00pm Level 1 (Pre-Beginners)

Session 3 Dates: July 15-19 (Monday-Thursday with Friday as rain day)

9:00am – 10:00am Level 5 & 6 (Swimmers) Level 2 (Beginners)	10:00am – 10:00am Level 2 (Beginners) Level 4 (Intermediate)
11:00am – 11:30am Level 1 (Pre-Beginners) Level 3 (Advanced Beginners)	11:00am – 12:00pm Level 1 (Pre-Beginners)

LEVEL 1 IS BEING OFFERED TO 4-5 YEAR OLDS
(PARENT-TOT CLASS – PLEASE CONTACT THE POOL AFTER OPENING IF INTERESTED.
CLASS WILL BE OFFERED BASED ON INTEREST.)

Learn-to-Swim Program

Learn-to-Swim offers something for everybody. A unique six-level instructional approach is unlike anything offered by other aquatic training programs.

The prerequisite for each level is successful demonstration of the skills from the preceding level, except for Novice (level 1) which has no prerequisite. Each level of Learn-to-Swim includes training in basic water safety and helping others in an emergency, in addition to the skills outlined below.

Parent-Toddler Aquatics – Developed for children 6 months to 5 years of age, parent-tot classes build swimming readiness by emphasizing fun in the water. Parents and children participate in several guided practices that help children learn elementary skills, including water entry, bubble blowing, front kicking, back floating, underwater exploration, and more!

Novice (Level 1) – For students 4 to 5 years of age. Helps students feel comfortable in the water. Novice participants learn to enter and exit water safely, submerge mouth, nose, and eyes, exhale underwater through mouth and nose, open eyes underwater, pick up submerged object, change direction while walking or paddling, roll over from front to back and back to front with support, explore floating on front and back with support, explore swimming on front and back using arm and leg actions with support, and use a life jacket.

Beginner (Level 2) – Gives students success with fundamental skills. Beginner participants learn to enter water by stepping or jumping from the side, exit water safely using ladder or side, submerge entire head, blow bubbles submerging head in a rhythmic pattern (bobbing), open eyes underwater, pick up a submerged object in shallow water, float on front and back, perform front and back glide, change direction of travel, roll over from front to back and back to front, tread water using arm and leg motions (chest-deep water), swim on front, back, and side using combined arm and leg actions, and move in the water while wearing a lifejacket.

Advanced Beginner (Level 3) – Builds on the skills in level 2 through additional guided practice. Advanced Beginner participants learn to jump into deep water from the side, dive from kneeling or standing position, submerge and retrieve an object in chest deep water, bob with head fully submerged, rotary breathing in horizontal position; perform front and back glide using two different kicks; float on front and back in deep water, change from horizontal to vertical position on front and back, tread water using hand and leg movements, perform front and back crawl, butterfly-kick and body motion, and perform the HELP and Huddle position.

Intermediate (Level 4) – Develops confidence in the skills learned and improves other aquatic skills.

Swimmer (Level 5) – Provides further coordination and refinement of strokes.

Advanced Swimmer (Level 6) – Refines the stroke so students swim with ease, efficiency, power, and smoothness over greater distances. Areas covered are personal water safety, fundamentals of diving, lifeguard readiness, and fitness swimmer.

Adaptive Swim Lessons – Adaptive and adult swim lessons are available upon request for children and adults with special needs. See Pool Manager for details.

Maximum number of participants is based on each level but is generally between 8-10 students.

Please do not register for multiple sessions unless you would like your child to repeat levels. It's best to wait until your child has completed a session and has gained all necessary skills to advance.

Children ARE NOT allowed to be in the pool except for their lesson time. If you are waiting for another child, you will be kindly asked to keep your child out of the pool. This is for the safety of everyone.

Weather related announcements will be made on our Penny & Myra Eckstein Municipal Swimming Pool Facebook Page (be sure to Like and Follow us for the latest information) and on our answering machine. We will do our best to make decisions 30 minutes in advance. Our number one priority is safety.