



Summer Swim Lessons - Contact Us at 895-9500

Session 1: July 20th – July 31

Session 2: Aug 3rd – Aug 14th

Session 3: Aug 17th – Aug 28th

Level I

Cost \$35 – Members - \$65 Non – Members

When: **Session 1 - Session 2 - Session 3**
Class will meet M - F for two weeks.
Friday is fun day
9:00– 9:30

When: **Session 1 - Session 2 - Session 3**
Class will meet M - F for two weeks.
Friday is fun day
9:30 – 10:00

Level II

Cost \$35 – Members - \$65 Non – Members

When: **Session 1 - Session 2 - Session 3**
Class will meet M- F for two weeks.
Friday is fun day
10:00– 10:45

When: **Session 1 - Session 2 - Session 3**
Class will meet M - F for two weeks.
Friday is fun day
11:00 – 11:45

Level III

Cost \$35 – Members - \$65 Non – Members

When: **Session 1 - Session 2 - Session 3**
Class will meet M - F for two weeks.
Friday is fun day
9:00– 9:45

Level III

When: **Session 1 - Session 2 - Session 3**
Class will meet M- F for two weeks.
Friday is fun day
10:00 – 10:45

Level IV

Cost \$35 – Members - \$65 Non – Members

When: **Session 1 - Session 2 - Session 3**
Class will meet M - F for two weeks.
Friday is fun day
10:00– 10:45

When: **Session 1 - Session 2 - Session 3**
Class will meet M - F for two weeks.
Friday is fun day
11:00 – 11:45

Level V

Cost \$35 – Members - \$65 Non – Members

When: **Session 1 - Session 2 - Session 3**
Class will meet M - F for two weeks.
Friday is fun day
9:00– 9:45

Level VI

Cost \$35 – Members - \$65 Non – Members

When: **Session 1 - Session 2 - Session 3**
Class will meet M - F for two weeks.
Friday is fun day
11:00– 11:45

Course Title: Level I

Course Description: For the beginner who has little or no water experience. Class takes place in the shallow end. Children will be taught basic swimming skills, (blowing bubbles, kicking, and floating, front crawl). Confidence is gained in the water.

Course Title: Level II

Course Description: Fundamental Aquatic Skills: Students will learn the front crawl, back crawl and work on basic water adjustment. Students will perfect the front float/ back float and will have fun in the water.

Course Title: Level III

Course Description: For swimmers who are comfortable in deep water and can float on front and back and have the basic knowledge of crawl/ back stroke will work on stroke refinement. Swimmers will gain strength in the water and learn water safety skills.

Course Title: Level IV

Course Description: This course is for swimmers who are looking to improve their strokes and gain endurance in the water. Strokes will continue to be refined during this course. Swimmers will also work on survival skills in and around water.

Course Title: Level V

Course Description: Swimmers will continue to refine their skills and start to work on performance skills. Swimmers will learn how to be competitive in the water while gaining strength and endurance.

Course Title: Level VI – Lifeguard Readiness

Course Description: This course is for individuals who would like to learn the lifeguarding basics. Course enables swimmers to get a head start for lifeguarding course. This course does not certify the participant to become a lifeguard.

Course Title: Lifeguarding

Course Description: Participants will learn how to maintain a safe environment for recreational swimmers. Taking this course will teach you how to rescue someone from the water and how to provide care to an injured person. This course will certify participants to become a Red Cross certified Lifeguard as well as earn their CPR for the Professional Rescuer and First Aid certificates.

Course Title: Fitness Swimmer

Course Description: Swimmers will learn activities to perform in the water to maintain a healthy lifestyle. Swimmers will swim laps, learn water drills and etiquette and learn swimming stroke turns. This class can be taken at any age.

Course Title: Adult Beginner

Course Description For adults who do not know how to swim or are looking to improve their skills, we start with the basics and proceed at a comfortable pace.

Course Title: Adult Stroke Clinic – 18yrs. +

Course Description For adults who know how to swim but want to improve their stroke. This class will help with all four swimming strokes and participants will become stronger in the water.

Course Title: Private Adult and Child Lessons

Course Description: This course is tailored to the swimmer. Instructor will assess swimmer's ability and develop a course specific to their needs.

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