

# Swim Lessons

Session Dates (Mondays and Wednesdays): Monday

Sept. 4th– Wednesday Sept. 20th

Residents: \$45

Non-Residents: \$55



## Parent-Toddler

4:00pm-4:30pm(6 MOS-3 YRS) With a parent or guardian in the pool, children will develop the skills needed to become comfortable in water environments. The instructor will work with your toddler on blowing bubbles, submerging head/face in water and rolling from front float to back float with assistance.

## Preschool

4:30pm-5:00pm(3-5 YRS) With no parent in the pool, preschoolers will develop independence in the water and learn new swim skills, such as freestyle, elementary backstroke. The instructor will work with your toddler on performing combined arm and leg motions for backstroke, streamline flutter kicks on their back, streamline flutter kicks on their front while blowing bubbles, and front float/back float.

## Beginner

5:00pm-5:30pm(5-14 YRS) This is for swimmers who are comfortable in the water but want to push their swim skills to the next level. Children will learn how to tread water, swim longer distances, refine freestyle and backstroke, and float without assistance.

## Advanced

5:30pm-6:00pm(5-15 YRS) Young swimmers will develop more competitive swimming techniques in Advanced. All strokes will be refined with a focus on swimming greater distances (75 yards). Students will work on adjusting swimming speed, racing dives, freestyle and backstroke flip turns, breaststroke, butterfly stroke with proper pull and a two-beat kick and more.

For questions please contact:

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