

Swim Lessons Information 2018

Group Lessons are Monday- Thursday (makeup sessions are on Friday if there is inclement weather during the week)

Each session is \$60 dollars per child

If you have questions email: swimlessonswwcp@yahoo.com

Session Dates	Lesson Forms Due By
Session 1: Week 1: June 4 th - 15 th	Thursday, May 31 st
Session 2: Week 1: June 18 th - June 29 th	Thursday, June 14 th
Session 3: Week 1: July 2 nd , 3 rd , 5 th , and 6 th (no lessons on July 4 th) Week 2: July 9 th -12 th	Thursday, June 28 th
Session 4 Week 1: July 16 th – July 27 th	Thursday, July 12 th
Session 5 Week 1: July 30 th - Aug. 10 th	Thursday, July 26 th

Lesson	Morning	Evening
Parent Child	10:30am-11:00am	5:30pm-6:00pm
Preschool 1	10:30am-11:00am	5:30pm-6:00pm
Preschool 2	10:30am-11:00am	5:30pm-6:00pm
Preschool 3	10:30am-11:00am	5:30pm-6:00pm
Level 1	11:00am-11:30am	6:00pm-6:30pm
Level 2	11:00am-11:30am	6:00pm-6:30pm
Level 3	11:00am-11:30am	6:00pm-6:30pm
Level 4	11:30am-12:00pm	6:30pm-7:00pm
Level 5	11:30am-12:00pm	6:30pm-7:00pm
Level 6	11:30am-12:00pm	6:30pm-7:00pm

Swim lesson level guide

Parent Child: getting used to the water, blowing bubbles, going underwater, front/back floats, rolling from back to front, going from instructor to parent, kicking

Preschool: Submerge full body, front glide, back glide, arm and leg action together, front/back floats, blowing bubbles, independently entering the water

Level 1: Becoming more independent while swimming, bobbing, back glides, back float for 5 seconds, some treading

Level 2: Jumping, bobbing (x10), streamline, changing direction while traveling, freestyle, backstroke, back glide

Level 3: Learning to dive, treading, swimming 15 yards independently, elementary backstroke for 15 yards, beginning breaststroke

Level 4: Diving, treading, swimming full length of pool, backstroke, breaststroke, learning streamline for strokes

Level 5/6: Diving, treading water for 5 minutes, swimming 2 lengths of the pool for freestyle and backstroke, breaststroke for one length, flip turns, butterfly, prerequisite for swim team