

VETERAN'S MEMORIAL POOL SWIM LESSONS

PARENT/CHILD AGES: 6 MOS-2 YEARS

For children age 6 mos-2 years who want to explore the water with a parent or guardian. The focus of this class is water exploration. Children will explore splashing, kicking and blowing bubbles with the use of toys, games and songs.

PRESCHOOL (BEGINNER & ADVANCED) AGES: 3-5

BEGINNER: For children age 3-5 who have little to no experience in the water who require flotation to swim. Instructors will work on basic swimming skills such as paddling, kicking and blowing bubbles.

ADVANCED: For children age 3-5 who can comfortably swim without flotation for a least 5-10 yards. Children will work on basic stroke development such as front crawl, backstroke & rhythmic breathing.

YOUTH (BEGINNER & ADVANCED) AGES: 6-12

BEGINNER: For children age 6-12 who have little to no experience in the water who require flotation to swim. Instructors will work on basic swimming skills such as paddling, kicking and blowing bubbles.

ADVANCED: For children age 6-12 who can comfortably swim without flotation for a least one length of the pool. Children will work on stroke development for front crawl, backstroke, breaststroke as well as rotary breathing.

SWIM LESSON SCHEDULES

All levels offered during all sessions. Classes run Monday through Thursday in two week sessions with Friday as a rain make-up day. During the weeks of Home Swim Meets (7/5 & 7/19) lessons will be held on Friday/

Saturday Classes run once a week for 8 weeks.

Parent child classes run 9:15am-9:45am. Preschool classes run 9:15am-9:45am. Youth classes run 12:45pm-1:30pm.

Sessions

Session 1: June 26th-July 7th (no class on July 4th)

Session 2: July 10th- July 20th

Session 3 July 24th- August 3rd

Session 4: August 7th- August 17th

Saturday Swim Lessons

Parent/Child 10:30am-11am

Preschool 10:30am-11am

Youth 9:30am-10:15am