

Swimming Session 2

July 11th-22nd

- 8:00-8:55(Swimmers) _____
- 8:55-9:25(Advanced Beginners) _____
- 9:25-9:55(Advanced Beginners) _____
- 9:55-10:25(Beginners 3) _____
- 10:30-11:00(Beginners 3) _____
- 11:00-11:30(Beginners 2) _____
- 11:30-12:00(Beginners 2) _____
- 12:00-12:50(Intermediates) _____
- 12:00-12:25(Beginners 1) _____
- 12:25-12:50(Beginners 1) _____
- 5:00-5:30 p.m.(Mommy and Me) _____

Class Descriptions

Mommy and Me: This class is for children from birth-3 years. Must be accompanied by an adult over age 18.

Beginners 1: These swimmers are not sure of the water and will probably be a little afraid. They aren't sure about getting their faces wet. Approx. Age 3-5

Beginners 2: Likes the water and will go underwater with little or **NO** fear. Approx. age 4-6.

Beginners 3: Is not afraid of the water in the shallow end. Can go underwater and swim with **NO** fear. Can float without help. Approx. age 6 or 7 and up.

Advanced Beginners: These swimmers have **NO** fear of the deep water. They will learn their American crawl and survival skills in deep water.

Intermediate: Must have **NO** fear of the deep water and can swim the American crawl well. Should be strong enough to swim two lengths of the pool.

Swimmers: This is the class before lifeguard training. Must be strong enough to swim the length of the pool four times and know all of the swimming strokes.