

Swimming Lessons

Parent And Child Aquatics 6 months to 2 years

**40 minute Classes Monday thru Friday 1 week only
20 min. of instruction/20 min. open swim time for play toys and flotation devices
Parent participation required**

- Enter by stepping in/Enter by jumping/Exit by lifting out
- Blow bubbles/Froggies(bobbing up and down)
- Underwater exploration
- Side Sweeping/Scooping/Partner passing
- Toys and Water games
 - Motor boat, ring around the rosy, if your happy and you know it)
- Front float with support/Front float with kick
- Back float with support/Back float with kick
- Flipping from front to back, back to front

Parent and Child Aquatics 3-5 years

**45 minute Classes Monday thru Friday one week only
30 min. of instruction/10 min. open swim time for play toys and flotation devices
Parent participation required**

- Enter by stepping in/Enter by jumping/Exit by lifting out
- Blow bubbles/Froggies(bobbing up and down)
- Underwater exploration
- Side Sweeping/Scooping
- Toys and Water games
 - Motor boat, ring around the rosy, if your happy and you know it)
- Front float with support/Front float with kick
- Back float with support/Back float with kick
- Flipping from front to back, back to front
- Introduction to elementary back float (chicken, tee, rocket)
- Introduction of back crawl arm motion
- Introduction of diving (sitting position/kneeling)
- Introduction of Doggie Paddle

Lessons 2009-2010

Parent and child Aquatics

(Run Monday – Friday for 1 week, class 40 min. in length)

September 14-18

October 12-16

November 2-6

December NONE

January NONE

February 1-5

March 1-5

April 12-16

May 10-14

June 21-25

July 12-16

August 16-20

Payment Due

September 7th

October 5th

October 26th

January 25th

February 22nd

April 5th

May 3rd

June 14th

July 5th

August 9th

Payment is due the Monday before the classes begin. Payment by the due date guarantees a place in class. If payment has not been received by the due date indicated the individual will automatically be removed for the class. If individuals are still interested in enrolling after this date they must enroll in person with payment due at that time.