

Fillmore Aquatic Center Swim Lessons

The Learn to Swim program offers 1-6 Levels of regularly scheduled instruction. The levels are based on those outlined by the American Red Cross Water Safety Instructor Guidelines. We are currently offering two-week sessions that meet five days per week. There are nine days of instruction and one Safety/Fun day. There are no make up days. If the pool is closed for contamination, mechanical failure or lightning storm, the Safety/Fun day will take place on that day.

SESSION VII - August 24 (Tues.) - Sept. 3

Plus Saturday, Sept. 4

- **SIGN-UPS: At pool during regular hours**

Lessons are 30 minutes in length. Maximum of 6 students per class, minimum of 4 must be signed up. Private lessons are also available.

COST: Weekday group lessons - \$50 per Session.

Private lessons also available - \$100 per session

Afternoon classes: **4:00-4:30 PM; 4:30-5:00 PM; 5:00-5:30 PM
5:30-6:00 PM**

CLASS DESCRIPTIONS:

Parent & Child - 6 months-5 yrs.

An adult must accompany child in the water. Parents will receive guided instruction on ways to help their child become comfortable in the water, emphasizing safety and relaxation techniques. Children not yet potty trained must wear swim diapers.

Beginner - Level 1 - Water Adjustment

For children new to swim lessons or with a fear of water, this class focuses on water adjustment, blowing bubbles, assisted floating and arm/leg action.

Advanced Beginner - Level 2 - Primary Skills

For children with no fear of the water but cannot swim independently. Class focuses on retrieving objects underwater, floating on back/front unassisted, breathing, freestyle & backstroke.

Intermediate - Level 3 - Stroke Readiness

Child must be able to swim freestyle at least 10 yards unassisted and be comfortable in deep water to enroll. Class focuses on coordinating freestyle and backstroke, proper breathing, swimming distances of up to 15 yds and beginning diving skills.

Advanced Intermediate - Level 4 - Stroke Development

Child must be able to swim freestyle 20 yards without stopping and be comfortable in deep water to enroll. Class introduces breaststroke and butterfly, refines freestyle and backstroke technique, works on diving skills and increases swimming endurance.

Beginner - 14 yrs to Adult - Water Adjustment and primary skills.

Level 5 - Stroke Refinement

Level 6 - Competitive Stroke Instruction