

# 2025 Swim Lessons

## Dates

**Session 1 - June 23 – July 4 (M, T, Th, F)**

**Session 2 - July 21 – August 1 (M, T, Th, F)**

*Note: Each session has 8 classes*

Age Restrictions – swim lessons are for children ages 5 to 15 yrs old.

Small Class sizes (generally 4-5 students per instructor). Students will receive certificates upon completion.

Students must align with the following requirements. Please review before registering your child.

## Requirements:

- **Age 5-15.** Students **must** be 5 years old at the time of their first swim lesson. Max age is 15.
- We have 5 Levels:
  - **Pre-school Level 3** (Age 5)
    - **Requirements:** Students must be able to enter and exit water without help and be able to put face in water.
    - **Objective:** Students will learn to put their head under the water and learn to be overall comfortable in the water. Students will learn arm and leg movements for freestyle.
  - **Level 1** (Age 6+)
    - **Requirements:** Students must be comfortable with water in their face.
    - **Objective:** Students will learn to put their head under the water and learn to be overall comfortable in the water. Students will learn arm and leg movements for freestyle.
  - **Level 2** (Age 6+)
    - **Requirements:** Students can float in water without touching the bottom of the pool. Students are comfortable in water and are able to do freestyle arm and leg movements.
    - **Objective:** Students will learn how to move more efficiently in all depths of water and learn to do freestyle with rhythmic breathing and begin movements for back stroke.
  - **Level 3** (Age 6+)
    - **Requirements:** Students are comfortable in all depths of water. Students can do freestyle and back stroke.
    - **Objective:** Students will learn different strokes and to be more proficient swimmers.
  - **Level 4** (Age 6+)

- **Requirements:** Students are comfortable in all depths of water. Students are able to do freestyle, back stroke and breast stroke.
- **Objective:** Students will learn different strokes to be proficient swimmers.

**PRO TIP-** Except for Preschool the time slots have a “combined-level approach”. For example, if you are not sure if your child is a Level 2 or 3, sign up for the “Level 2/3” option, and we will issue a certificate appropriate to their skill level at the end of the session.

**Schedule:**

Time	Session 1	Session 2
	June 23 – July 4 (M, T, Th, F)	July 21 – August 1 (M, T, Th, F)
8:45-9:20	Level 3/4 – 4 children Level 2/3 – 5 children Level 1/2 – 4 children	Level 3/4 – 4 children Level 2/3 – 5 children Level 1/2 – 4 children
9:30-10:05	Pre-School 3 – 4 children Level 3/4 – 4 children Level 2/3 – 5 children	Pre-School 3 – 4 children Level 3/4 – 4 children Level 2/3 – 5 children
10:15-10:50	Pre-School 3 – 4 children Level 1/2 – 4 children Level 1/2 – 4 children	Pre-School 3 – 4 children Level 1/2 – 4 children Level 1/2 – 4 children

**Price:** \$115 for 8 classes (Register 2 kids per Session and save \$20; 3 kids \$30; 4 kids \$40...)