

# Swim Lesson Information Sheet

Session 1 June 19<sup>th</sup> -June 29<sup>th</sup>

\*Session 2 July 3<sup>rd</sup> – July 13<sup>th</sup>

Session 3 July 17<sup>th</sup> – July 27<sup>th</sup>

Session 4 July 31<sup>st</sup> – Aug 10<sup>th</sup>

(\*Session 2 there will be no Tuesday July 4, so the first week will go Monday to Friday)

## Pricing

Group Lesson \$60

Private Lesson (four 45-min lessons) \$85

### Aqua Tots I

Aqua Tots builds swimming readiness by emphasizing fun in the water. Parents and children participate in guided sessions that help children learn elementary skills. Recommended 6 months to 2 years old.

**Sessions available: 1-4**

Times: 11-11:30am, 5:00-5:30pm

### Aqua Tots II

Aqua Tots II builds on the skills learned in Aqua Tots I. Parents and children participate in guided sessions that help children learn the skills to continue into Dolphins. Recommended 2-3 years old.

**Sessions available: 1-4**

Time: 11-11:30am and 5:00-5:30pm

### Dolphins I

Students learn to feel comfortable in water and enjoy the water safely. Students begin blowing bubbles, bobbing, floating, kicking, and alternating arms. Recommended 3-4 years old.

**Sessions available: 1-4**

Times: 10-10:30am, 10:45-11:15am, 6:00-6:30pm, 6:45-7:15pm

### Dolphins II

Dolphins II is designed for children younger than 5 who have passed Dolphins I and wish to develop swimming readiness. Skills similar to Level I, just adapted for younger swimmers. Recommended 4-5 years old.

**Sessions available: 1-4**

Times: 10:00-10:30am, 10:45-11:15am, 6:00-6:30pm, 6:45-7:15pm

### Level I - Introduction to Water Skills

Designed for the non-swimmer who wishes to develop swimming readiness. Skills taught: submerging to retrieve objects, rhythmic bobs, front float with kick, back float with kick, alternating arms on front and back. Recommended 5-7 years old, who have never had a lesson.

**Sessions available: 1-4**

Times: 10:00-10:30am, 10:45-11:15am, 5:00-5:30pm, 6:00-6:30pm, 6:45-7:15pm

### Level II-Fundamental Aquatic Skills

Designed for the beginner who is comfortable in the water and ready to swim. Skills taught: refined rhythmic bobs, freestyle using alternate side breathing, backstroke

**Must pass Dolphins II or Level I to register.**

**Sessions available: 1-4**

Times: 9:45-10:30am, 10:45-11:30am, 4:45-5:30pm, 5:45-6:30pm, 6:45-7:30pm

### Level III-Stroke Development

Designed for those who have completed Level 2 (or equivalent), and swimming on their own. Skills taught: refined freestyle with side breathing and backstroke, breaststroke, kneeling dives

**Session available: 1-4**

Times: 9:45-10:30am, 10:45-11:30am, 4:45-5:30pm, 5:45-6:30pm, 6:45-7:30pm

### Level IV—Stroke Improvement

Designed for those who have completed Level 3 (or equivalent) and is ready to refine strokes and development stamina. Skills taught: endurance on freestyle and backstroke, refined breaststroke, butterfly, flip turns, standing dives, and treading water.

**Sessions available: 1-4**

Times: 9:45-10:30am, 10:45-11:30am, 4:45-5:30pm, 5:45-6:30pm, 6:45-7:30pm

### Private Lessons

Private Lessons are customized to each swimmer's ability and comfort level. Skills from multiple levels may be taught at the same time. Your teacher will develop a lesson plan with a specific skill set based on your swimmer's current ability.

**Private lessons are available for all lesson levels depending on instructor availability. Private lesson are four (4) 45 min long classes.**

**Sessions available: 1-4 Time: 9:00-9:45am, 4:00-4:45pm**

# PENDLETON AQUATIC CENTER

## LEARN TO SWIM PROGRAM



### Pricing

Group Lesson \$60

Private Lesson (four 45-min lessons) \$85

Participant Name \_\_\_\_\_

Age \_\_\_\_\_

Address \_\_\_\_\_

Phone \_\_\_\_\_

Parent/Guardian \_\_\_\_\_

Session \_\_\_\_\_

Level \_\_\_\_\_

Time \_\_\_\_\_

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**Fill out completely and registration is not complete until you receive receipt confirmation.  
Please be aware classes can fill and availability may be limited.**