

Swimming Lessons
Red Cross Certified Instructors



Level 1 – Prerequisite: Age 4 or older. Designed to teach elementary aquatic skills.

Level 2 – Prerequisite: able to float on their front/back unsupported. Designed to teach simultaneous and alternating arm/leg actions on the front and back.

Level 3 – Prerequisite: level 2 objectives. Designed to coordinate the front and back crawl. Introduce elements of the butterfly and treading water. Learn rules for head-first entry into the water.

Level 4 – Prerequisite: level 3 objectives. Designed for stroke improvement for the front crawl, breaststroke, butterfly, back crawl, and elementary backstroke. Developing treading water skills as well as diving.

Session I: May 31-June 3 and June 6-9

10:00am-10:45am Level 1, Level 2, and Level 3

11:00am-11:45am Level 1, Level 2, Level 3, and Level 4

5pm – 6pm: Level 2 and Level 3

Session II: June 13-16 and June 20-23

10:00am-10:45am Level 1, Level 2, and Level 4

11:00am-11:45am Level 1, Level 2, Level 3

5pm – 6pm Level 2 and Level 3

Session III: June 27-June 30 and July 5-8

10:00am-10:45am Level 1, Level 2, Level 3

11:00am-11:45am Level 1, Level 2, and Level 4

5pm – 6pm Level 2 and Level 3

Registration:

Saturday May 7, 2011 & Saturday May 14, 2011

Location: City Pool

Time: 10:30am-12:30pm

Price: \$55.00

Phone: Stacey Wardrup 940-521-4629 or staceywardrup@yahoo.com

