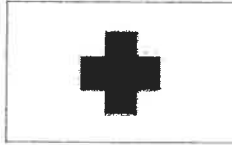


Swimming Lessons
Red Cross Certified Instructors



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 diving skills.

Session I: June 1-June 4 and June 8-11

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

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

5:00pm - 5:45pm Level 1, Level 2

Session II: June 15-18 and June 22-25

10:00am-10:45am Level 1, Level 2, Level 3, Level 4

11:00am-11:45am Level 1, Level 2, Level 3, Level 4, Level 5

5:00pm – 5:45pm Level 1, Level 2, Parent/Child(June 23-26 only)

Session III: June 29-July 2 and July 6-9

10:00am-10:45am Level 1, Level 2, Level 3, Level 5

11:00am-11:45am Level 1, Level 2, Level 3, Level 4, Level 5

5:00 pm – 5:45 pm Level 1, Level 2

Registration:

Tuesday May 19, 2009 & Wednesday May 20, 2009

Location: City Pool

Time: 5pm-7pm

Price: \$55.00

Phone: Stacey Wardrup 940-521-4629

