

ROLF PARK POOL

SWIM LESSON OPPORTUNITIES

SESSIONS:

Tuesday/Thursday Mornings–9:30-10:00 am

- Session 1–June 13, 15, 20, 22, 27,29
- Session 2–July 11, 13, 18, 20, 25, 27

Tuesday/Thursday Evenings–7:00-7:30 pm

- Session 1–June 13, 15, 20, 22, 27,29
- Session 2–July 11, 13, 18, 20, 25, 27

COST:

- \$40 per child per session

CLASS OFFERINGS:

Preschool Aquatics

- Prerequisite: Age 4-5
- Objectives: enter and exit water independently using the ramp, steps or side of pool, blow bubbles, glide on front then roll to back, participants start learning how to be safe around water

Level 1 Learn-to-Swim (Introduction to Water Skills)

- Prerequisite: Age must be at least 6 years old
- Objectives: enter and exit the water independently, blow bubbles, bobbing, open eyes under water and retrieve objects, front glide, back glide, back float, roll front to back and back to front, tread water, swim on front and back, participants start learning how to be safe around water

Level 2 Learn-to-Swim (Fundamental Aquatic Skills)

- Prerequisite: Must be able to demonstrate the exit skills of Level 1
- Objectives: continue Level 1 skills and water safety, fully submerge and hold breath, float face down, back float, change directions while swimming

Level 3 Learn-to-Swim (Stroke Development)

- Prerequisite: Must be able to demonstrate the exit skills of Level 2
- Objectives: continue Level 2 skills and water safety, bobbing while moving forward, rotary breathing, survival front and back float, change directions while treading water, front crawl, backstroke, breaststroke, scissors kick, jump into deep water, headfirst entry from sitting and kneeling position

Level 4 Learn-to-Swim (Stroke Improvement)

- Prerequisite: Must be able to demonstrate the exit skills of Level 3
- Objectives: continue Level 3 skills and water safety, compact and stride jump in deep water, swim underwater, feet first surface dive, butterfly elementary backstroke, sidestroke