

SUMMER SESSION 3



Group Swim Lessons

August 8th - August 17th

**Classes meet
3 times per week**

Preschool Swim Lessons

Ages 3 - 5 years • Held in Activity Pool

Preschool Level 1

Monday, Tuesday, and Wednesday • 1pm - 1:30pm

Preschool Level 2

Monday, Tuesday, and Wednesday • 1:30pm - 2pm

MEMBERS \$25 • NON-MEMBERS \$45

School Age Swim Lessons

Ages 6 & Older

Levels 1 - 2 held in Activity Pool • Levels 3 - 6 held in Activity & Yard Pools

School Age Level 1

Monday, Tuesday, and Wednesday • 1pm - 1:40pm

School Age Level 2

Monday, Tuesday, and Wednesday • 1:40pm - 2:20pm

School Age Levels 3 & 4

Monday, Tuesday, and Wednesday • 2:20pm - 3pm

School Age Levels 5 & 6

Monday, Tuesday, and Wednesday • 2pm - 2:40pm

MEMBERS \$30 • NON-MEMBERS \$55

Registration Opens for Members on 7/25/22, and Non-Members on 8/1/22.

Registration available online at community.fcpotawatomi.com, and in person at our front desk.

Please bring goggles and a towel. Classes will meet on the pool deck near the main pool entrance. Please do not enter the pool until prompted by the instructor. Only Swim Lesson participants are allowed to swim during scheduled times in the designated areas. There is no Open Swim during swim lessons.

See **Swim Lesson Stage Finder** on other side of this form for level placement and prerequisites.

For more information, or to schedule a Swim Test to determine your child's appropriate Swim Lesson Stage, please contact Aquatics Manager Kimberly Wales at 715.478.6513 or Kimberly.Wales@FCP-nsn.gov





Swim Lesson Stage Finder

◀◀ **Preschool Stages** ▶▶

Preschool Level 1 Children ages 3 - 5 years

Participants will learn basic swim skills with assistance (floating, gliding, safely entering and exiting pool), build confidence with underwater exploration, and personal water safety.

Preschool Level 2 Children ages 3 - 5 years

With assistance, participants will progress with skills and learn to swim in a forward motion on their front and back, water safety, and treading water. Participants must be able to submerge (put face in water) to register for Preschool Level 2.

◀◀ **School Age Stages** ▶▶

School Age Level 1 Children ages 6+

Participants will learn water safety, self-rescue skills, and basic swim skills (floating, gliding, swimming on front, submerging).

School Age Level 2 Children ages 6+

Participants will enhance their basic swim skills and learn how to tread water. Participants must be able to perform all skills in School Age Level 1 to register.

School Age Levels 3 & 4 Children ages 6+

Participants must be able to swim in lap pool to register. Participants will learn back crawl, elementary backstroke, breaststroke, sitting dive, and build endurance to swim front crawl 15 yards. Participants must be able to perform the following skills to register: submerge, front and back glide, front and back float, rolling (belly to back, back to belly), swim on front 5 yards, and tread water for 10 seconds.

School Age Levels 5 & 6 Children ages 6+

Participants must be able to swim in lap pool to register. Participants will learn sidestroke, butterfly, kneeling dive, and build endurance to swim 100 yards of any stroke. Participants must be able to perform all skills in School Age Levels 3 & 4 to register.

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