

SWIM LESSONS

Lifeguards will be on duty starting on June 17th

Monday to Friday 10am to 4pm

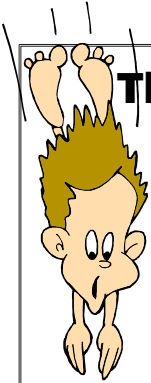
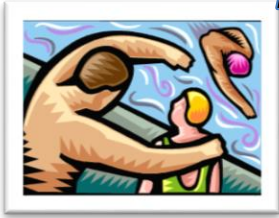
Saturday and Sunday 12pm to 5pm

SWIM LESSONS REGISTRATION FEE \$10.00 PER SESSION

You can register for 1 or 2 Sessions

Until May 15th we will only accept Winthrop Residents for swim lessons. If we are able to have a full staff, we will add more participants until we are full.

You may apply but will be on a waiting list until that time.



This summer we will run Two 3 week sessions of Swim Lessons

Lessons will run Monday to Friday

SESSION 1

July 2 to July 20

SESSION 2

July 23 to August 10

Swim Lesson Times

Levels 3-4-5

10:00-11:00am

Levels Toddlers-1-2

11:00-12:00pm

TODDLER PROGRAM:

For ages 2 to 4 years old, this is a parent/child program; the program is to help prepare your child for Level one when they turn 5.

To pass LEVEL 1 the swimmer must:

Play comfortably in the water.
Put your face in the water.



To pass LEVEL 3 the swimmer must:

Retrieve objects with eyes open & no support from chest deep water. Dive from dock from kneeling and compact positions.

Jump into deep water.

Prone glide with push off for 2 body lengths

Supine glide with push off for 2 body lengths

Coordinate arm stroke front crawl with breathing to side for 10 yd.

Coordinate back crawl for 10 yds

Elementary back stroke for 10yds with or without kickboard.

Bob submerging head completely 15 times.

Bob in water slightly over your head and travel to safe area 10 times with or without support.



To pass LEVEL 2 the swimmer must:

Hold your breath with head fully submerged for 3 seconds.

Retrieve objects submerged in deep water

Explore deep water with support

Prone float/glide unsupported and recover for 5 seconds.

Supine float/glide unsupported and recover for 5 seconds

Rhythmic breathing with or without support and bob 10 times

Step off side into chest deep water and recover to vertical position.

Flutter kick on back with or without support

Show finning on your back

Show crawl position

Flutter kick on front with or without support

Combine front stroke using kick and alternation arm action 5 yds

Combine front stroke using kick and motion for 5 yds.



To pass LEVEL 4 the swimmer must:

Demonstrate deep water bobbing

Back Crawl 25 yds

Demonstrate rotary breathing

Dive from a stride position.

Dive from standing position.

Elementary backstroke for 25 yds

Scull on back for 5 to 15 seconds

Breast stroke for 10 yds with or without a kickboard

Front crawl with rotary breathing for 25 yds

Sidestroke scissors kick for 10 yds with our without a kickboard.



To pass LEVEL 5 the swimmer must:

Demonstrate Alternative Breathing

Demonstrate a stride jump entry

Breast stroke for 10 yds

Crawl for 50 yds

Swim underwater 3 body lengths

Demonstrate Long Shallow Dive

Side Stroke for 10 yds & Elementary Backstroke for 25 yds Front

Butterfly dolphin kick 10 yds with or without a kickboard.