

SWIM LESSONS

Lifeguards will be on duty starting on June 19th

Monday to Friday 10am to 4pm


Saturday and Sunday 12pm to 4pm

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

<p>SESSION 1 June 26 to July 14</p>	<p>SESSION 2 July 17 to August 4</p>
Swim Lesson Times	
<p>Levels 3-4-5 Levels Toddlers-1-2</p>	<p>10:00-11:00am 11:00-12:00pm</p>

To pass LEVEL 1 the swimmer must:

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




HANDICAP SWIM PROGRAM:

This will be a special program set up for those with developmental disabilities. Program will be very small groups.

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.




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.

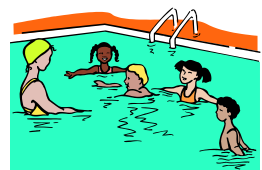
To pass LEVEL 3 the swimmer must:

- 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 yds.
- 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 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
- Swim underwater 3 body lengths
- Demonstrate a stride jump entry
- Demonstrate Long Shallow Dive
- Breast stroke for 10 yds
- Side Stroke for 10 yds
- Elementary Backstroke for 25 yds
- Front Crawl for 50 yds
- Butterfly dolphin kick 10 yds with our without a kickboard.

