

PARK VILLAGE POOL SWIM LESSONS

PARK VILLAGE POOL SWIM LESSON SCHEDULE

Registration: Session K, L and G

Residents: Tuesday, May 22 at 7 p.m.

Nonresidents: Wednesday, May 23 at 7 a.m.

Registration: Session M, N and O

Residents: Tuesday, June 26 at 7 p.m.

Nonresidents: Wednesday, June 27 at 7 a.m.

Fees: 10 classes: \$25R/\$30NR

When registering for any lessons please add session letter/number to the activity number to indicate the session you are registering for. Parents are responsible for signing up their child(ren) in the appropriate level each session. Your child will not automatically be put into the next level if he/she passes.

Park Village Pool Summer Session Dates

Monday-Friday	Session K: June 4-15
	Session L: June 18-29
	Session M: July 2-13 (No class July 4; 9 classes: \$22.50R/\$27NR)
	Session N: July 16-27
	Session O: July 30-August 10
Saturday	Session G: June 2-August 18 (No classes June 16 and July 14)



PARENT/TOT (6 MONTHS - 3 YEARS)

This class was designed with an emphasis on safety skills, water adjustment and fun. At least one parent must accompany each child in the water.

244000-5 Mo-Fr K,L,M,N,O 11:15-11:45 a.m.

244000-2 Sa G 9:45-10:15 a.m.

LEVEL I - WATER EXPLORATION

This class will orient kids to water and teach them basic swimming skills.

Ages 3-5 years

244111-2 Mo-Fr K,L,M,N,O 9:45-10:15 a.m.

244111-4 Mo-Fr K,L,M,N,O 10:30-11 a.m.

244111-5 Mo-Fr K,L,M,N,O 11:15-11:45 a.m.

244111-4 Sa G 10:30-11 a.m.

Ages 6+ years

244121-4 Mo-Fr K,L,M,N,O 10:30-11:10 a.m.

244121-1 Sa G 9-9:40 a.m.

LEVEL II - PRIMARY SKILLS

Must have passed or show competency in Level I skills. Skills taught include under water swimming, front/back glides, deep water skills, breathing, combined stroke, finning on back, and safety.

Ages 3-5 years

244211-4 Mo-Fr K,L,M,N,O 10:30-11 a.m.

244211-5 Mo-Fr K,L,M,N,O 11:15-11:45 a.m.

244211-4 Sa G 10:30-11 a.m.

Ages 6+ years

244221-2 Mo-Fr K,L,M,N,O 9:45-10:25 a.m.

244221-2 Sa G 9:45-10:25 a.m.

LEVEL III - STROKE READINESS

Must have passed or show competency in Level II skills. Skills taught include components of front/back crawl, elementary backstroke, dive from poolside, bobbing, basic rules of safe diving.

Ages 3-5 years

244311-5 Mo-Fr K,L,M,N,O 11:15-11:45 a.m.

244311-2 Sa G 9:45-10:15 a.m.

Ages 6+ years

244321-2 Mo-Fr K,L,M,N,O 9:45-10:25 a.m.

244321-4 Mo-Fr K,L,M,N,O 10:30-11:10 a.m.

244321-5 Mo-Fr K,L,M,N,O 11:15-11:55 a.m.

244321-1 Sa G 9-9:40 a.m.

LEVEL IV - STROKE DEVELOPMENT

Must have passed or show competency in Level III skills. Skills taught include endurance in elementary backstroke, front/back crawl, rotary breathing, as well as introduction to breaststroke, sidestroke and turns.

Ages 6+ years

244421-4 Mo-Fr K,L,M,N,O 10:30-11:10 a.m.

244421-5 Mo-Fr K,L,M,N,O 11:15-11:55 a.m.

244421-2 Sa G 9:45-10:25 a.m.

LEVEL V - STROKE REFINEMENT

Must have passed or show competency in Level IV skills. Skills taught include endurance in elementary backstroke, front/back crawl, sidestroke, and breaststroke. Also covered are breathing, diving, stride jump entry and butterfly kick.

Ages 6+ years

244521-2 Mo-Fr K,L,M,N,O 9:45-10:25 a.m.

244521-1 Sa G 9-9:40 a.m.

LEVEL VI - STROKE PROFICIENCY

Must have passed or show competency in Level V skills. Skills taught include approach and hurdle from the one-meter diving board, jump tuck from diving board, front crawl 100 yards, back crawl 100 yards, breaststroke 25 yards, sidestroke 25 yards, butterfly 10 yards, approach stroke 25 yards, breaststroke and sidestroke turn, flip turn for front crawl, pike and tuck surface dives, and safety.

Ages 6+ years

244621-2 Mo-Fr K,L,M,N,O 9:45-10:25 a.m.

244621-4 Sa G 10:30-11:10 a.m.

LEVEL VII - ADVANCED SKILLS

Must have passed or show competency in Level VI skills. Skills taught include dive in pike and tuck positions, swim continuously for 500 yards, front crawl 200 yards, under-water swimming 15 yards, back crawl 100 yards, breaststroke 50 yards, sidestroke 50 yards, butterfly 25 yards, backstroke flip turn, retrieve diving brick from 10 feet of water, safety, and encouragement of lifetime fitness habits.

Ages 6+ years

244721-4 Mo-Fr K,L,M,N,O 10:30-11:10 a.m.

244721-1 Sa G 9-9:40 a.m.

