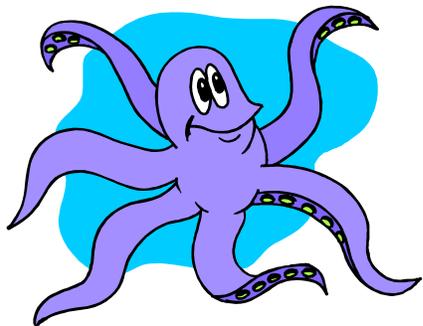


Swimming Lessons

Parent & Child Lessons

For children 6 months to 3 years.

Parents & children participate in several guided practice sessions that help children learn elementary skills, including bubble blowing, front & back kicking & floating and experience underwater exploration and more.



Preschool

For children 4 – 5 years

Children participate in several guided practice sessions that help them learn elementary skills, including bubble blowing, front and back kicking and floating and experience underwater exploration and more.

Preschool Level 1: Those with little to no water experience

Preschool Level 2: Some experience with swim either through swim lessons or through water exploration on their own.

Preschool Level 3: Build on the basic aquatic skills learned in Preschool levels 1 & 2. Skills in this level are performed independently.

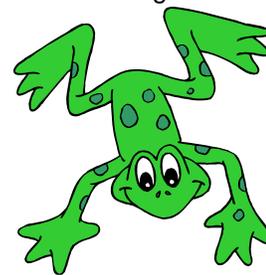
Level 1: Introduction to Water Skills

Ages 6 & up

Learn basic personal water safety information and skills, to help participants feel comfortable in the water. At this level basic aquatic skills are taught (front/back floats, kicking actions, gliding, bobs and more).

Level 2: Fundamental Aquatic Skills

Teaching of fundamental skills that will be used throughout the Learn to Swim program. Swimmers will learn to float without support, and will begin to move through the water independently.



Level 3: Stroke Development

Build on previously learned skills taught by providing additional guided practice. At this level they will begin to swim the front crawl and elementary backstroke on their own.

Level 4: Stroke Development

Develop swimmers confidence in the strokes learned thus far and improve other aquatic skills. Swimmers continue to learn new strokes: side-stroke, back-crawl, and will start to develop the breast-stroke and butterfly. The basics of turning at the wall will be explored as well.

Level 5: Stroke Refinement

Coordination and refinement of strokes. Participants refine their performance of all the strokes (front crawl, back crawl, butterfly, breaststroke, elementary backstroke and sidestroke) and increase their endurance and distances. Flip turns are introduced as well.

Level 6: Swimming & Skill Proficiency

Refine strokes so participants swim them with greater ease, efficiency, power and smoothness and over greater distances. Personal Water Safety, Fundamentals of Diving and Fitness Swimming are additional focuses of the class.

Pool Rules Patrons must obey and respect the lifeguards at all times. All rules must be followed. In case of violation of any of these rules, patrons will be asked to leave the pool.



- Swimming is only permitted when the facility is open and lifeguards are on duty.
- All children, age 7 and up are required to use gender appropriate locker rooms. If a child requires assistance, they must be accompanied by a gender appropriate parent or guardian. If a parent of the opposite gender wishes to accompany their child inside of a locker room, they must wait until all members of the opposite sex are out of the locker room in order to go in. The locker room that the parent wishes to accompany the child into must be of the parent or guardian's gender.
- Patrons are responsible for their own safety.
- All persons must shower with water and soap before entering the pool.
- Proper swim attire is required. Cutoff shorts, gym and basketball/sport shorts are not permitted. Proper Bathing Suits only. Swimsuits must conform to accepted standards of decency.
- Infants and persons without bowel control must wear tight fitting rubber pants over cloth diapers. No paper diapers are permitted. Specially designed "swim diapers" under rubber pants are acceptable.
- Persons having or reasonably suspected to have any considerable area of exposed sub-epidermal tissue, cuts, or known or recognizable contagious or communicable diseases, cough, cold, open sore(s), blisters, bandaged wounds, fever, inflammation of the eyes, nasal or ear discharge, shall not be permitted to enter the pool. Persons with diarrhea must wait 48 hours before using the pool.
- Urinating, spitting, blowing the nose, spouting of water or depositing foreign matter into the pool is prohibited.
- Boisterous or rough play, shoulder rides, dunking, and running is prohibited.
- No diving is permitted off the pool deck into shallow areas of the pool.
- Playing, hanging on lane lines and safety buoys is not permitted.
- Before using the diving board, water slide or deep water, a swimmer must demonstrate swimming ability.
- Blankets, towels and folding chairs may not be placed on walkways.
- Tobacco, food, and drink are prohibited on the pool deck or in the pool. Glass containers are prohibited.
- No person under the influence of alcohol or drugs will be permitted.
- All animals, with the exception of service animals, are prohibited within the pool fence or bath house facilities.
- No person shall bring or throw into the pool any object that may in any way carry contamination or endanger the safety of any bather.
- Use of the pool shall be prohibited during an electrical storm.
- Abusive or profane language will not be tolerated. Swimmers using offensive language, tones or gestures will lose their swimming privileges.
- Staff is not responsible for valuables. You are encouraged to bring a lock to secure your personal items in a locker. Locks must be removed daily, if left overnight they will be removed.

