SWIM Lessons 9 for $45 per child
Levels

Level 1:
Covers learning to float and learning the basic ideas of freestyle and backstroke. Works on flutter kicking and how to be comfortable in the water in multiple positions.

Level 2:
Expands on knowledge of the strokes covered in Level 1. Aim is to make it across the pool in these strokes and improving the stroke function.

Level 3:
Focuses on building strength and ability of Level 2 strokes. Introduction of more elements of breaststroke and butterfly, and rotary breathing in freestyle. Introduction of different entry techniques and deep water floats and treading.

Level 4:
Expands knowledge of all four strokes, including butterfly and breaststroke. Introduces open turns and improves endurance in all strokes. Expands on entries and deep water movements.

Level 5:
Focuses on continuing improvement of all strokes, turns, and entries. Improves endurance and strength of all strokes and water movements.

Schedule

Classes are held **October 5 - October 23**. Classes will be held Monday, Wednesday, Friday, for three weeks. Each Period is $45 for all three weeks of instruction.

**Period 1**
- **Level 1:** 4:00 - 4:30pm
- **Level 2:** 4:00 - 4:40pm
- **Level 3:** 4:00 - 4:40pm
- **Level 4:** 4:00 - 4:40pm
- **Level 5:** 4:00 - 4:40pm

**Period 2**
- **Level 1:** 4:45 - 5:15pm
- **Level 2:** 4:45 - 5:25pm
- **Level 3:** 4:45 - 5:25pm
- **Level 4:** 4:45 - 5:25pm
- **Level 5:** 4:45 - 5:25pm