

# SWIM LESSONS

*Lifeguards will be on duty starting on June 17th*

*Monday to Friday 10am to 5pm*

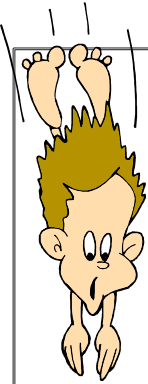
*Saturday and Sunday 12pm to 5pm*

**SWIM LESSONS REGISTRATION FEE \$10.00 PER SESSION**

*You can register for 1 or 2 Sessions*

**Until May 15<sup>th</sup> we will only accept Winthrop Residents for swim lessons.**

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



## We will again run Two--3-week sessions of Swim Lessons

### Lessons will run Monday to Friday

#### Swim Lesson Times

**Levels 3-4-5**

**10:00-11:00am**

**Levels Toddlers-1-2**

**11:00-12:00pm**

#### **SESSION 1**

#### **SESSION 2**

**July 1 to July 19** (no lessons July 4-5)

**July 22 to August 9**

#### **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.

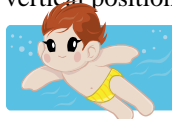
#### **To pass LEVEL 1 the swimmer must:**

Play comfortably in the water.  
Put your face in the water.  
Float on Front and Back with 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  
Float Unsupported on Front and Back.  
Float/glide unsupported and recover for 5 seconds on front and back  
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 3 the swimmer must:**

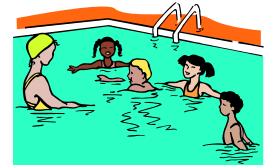
Retrieve objects with eyes open & no support from chest deep water. Dive from dock from kneeling and compact positions.  
Jump into deep water.

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 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  
Scul 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.

