

Spotswood Swim Lessons 2019

Classes 30 minute sessions, 4 x a week

Cost: \$35 members/\$45 non-members

Level	Minimum Class Requirement	Focus	Intermediary Goal	Level Completion Requirement
Minnow (level 1) Beginner 9-9:30AM or 6 - 6:30PM **circle time preference	1.Be separate from parent for 30 minutes 2.Comfortable in the water	Become comfortable in the water and submersion in the water. Streamline body position and forward propulsion.	Submerge independently for three seconds. Jump from side, kick to surface, and streamline kick for five meters	1.Submerge head under water for five seconds 2.Front and back float without support for five seconds
Goldfish (Level 2) Advanced Beginner 9:30-10AM or 6:30 - 7PM **circle time preference	1.Able to kick for ten meters with face in the water	Side breathing and introduction of backstroke	1.Tread water for 30 seconds 2.Jump from side and swim freestyle with side breathing 12.5 meters	1.Tread water for one minute 2.Jump in deep end and swim half a lap of freestyle with side breathing, rest, and finish the lap in the same manner.

Please circle class session preference: (*Sign up for lessons the Thursday before the start date).

Session 1: June 17 -20

Session 2: June 24 - 27 NO WED. lesson for pm session-
make up Friday 6/28

Session 3: July 8 - 11

Session 4: July 15- 18 NO WED. lesson for pm session -
make up Friday 7/19

Child's name: _____

Parent's name: _____

Phone number: _____ email: _____

Please give a description below of what your child can do independently in the pool, fears associated with swimming, whether if they have taken lessons before and at what level. A **minimum of 3 swimmers** are needed to hold the session. Children **must be 3 years or older** to participate.

Contact the pool for more information about lessons. (540) 898-5477