

## Spotswood Swim Lessons 2024

Classes 30 minute sessions, 4 x a week

Cost: \$45 members/\$55 non-members

Level	Minimum Class Requirement	Focus	Intermediary Goal	Level Completion Requirement
Beginner  6 - 6:30 pm	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
Advanced Beginner  6:45 - 7:15 pm	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.
ADULTS ONLY Class (ages 16 and over) Beginner 6:45 - 7:15 pm		Become comfortable in the water, submersion in the water. Streamline body position and forward propulsion.	Side breathing and introduction of backstroke	

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

- Session 1: June 10 - 14 - NO Wednesday lesson
- Session 2: June 17 - 21 - NO Wednesday lesson
- Session 3: June 24 - 28 - NO Wednesday lesson
- Session 4: July 9 - 12- NO MONDAY lesson

Participant's name: \_\_\_\_\_

Parent's name: \_\_\_\_\_

Phone number: \_\_\_\_\_ email: \_\_\_\_\_

Please give a description of what your child can do independently in the pool, fears associated with swimming, 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 in group lessons.

\*\*Private lessons are subject to instructor availability and at a different cost.

Contact the pool for more information about lessons or to check for cancellations.  
 (540) 898-5477