

### CHILDREN'S GROUP LESSONS

Group swim lessons are available for children ages 6 months to 12 years. Each Parent & Tot session consists of four 30-minute lessons. Preschool levels consist of eight 30-minute lessons. Levels 1-4 consist of eight 45-minute lessons.

**Member: \$60      Non-member: \$75**

**Sibling discount for group lessons:** First child pays regular price. Each additional child receives 10% off the regular price.

#### Parent & Tot (ages 6-36 months)

**Prerequisites:** NONE

**Description:** Your child will learn through songs and group activities that appeal to a child's sense of curiosity, wonder, and play. All complemented by colorful toys and other engaging aquatic apparatuses. With mom or dad as co-teachers in the pool, babies can learn to relate to the water with ease and confidence. Skills they will learn include:

- Water adjustment
- Blowing bubbles
- Kicking
- Getting comfortable with having water poured on the face
- Facial immersion
- Elementary swimming movements both underwater and at the surface

#### Preschool Level 1 (ages 3-5)

**Prerequisites:** NONE

**Description:** Your child will learn to swim with an assisted, child-centered, activity-oriented approach coupled with unique skill progressions for the following:

- First-time submersion
- Breath holding and control
- Front, back, & in-line kicking
- Paddle stroke
- Underwater swimming using a "pop-up" and "roll-over" breath

#### Preschool Level 2 (ages 3-5)

**Prerequisites:** Face in the water and breathing as needed.

**Description:** Your child will learn the formal strokes of freestyle with side breathing and backstroke. This class provides skill progressions to progress unassisted for the for the following:

- Kicking with a kickboard
- Back kicking & streamline kicking
- Backstroke & freestyle
- Paddle stroke

#### Level 1 (ages 6-12)

**Prerequisites:** NONE

**Description:** Your child will learn to swim a basic freestyle stroke thru a drill-oriented approach, coupled with skill progressions for the following:

- First-time submersion
- Breath holding & control
- Front, back, & in-line kicking
- Paddle stroke
- Freestyle without side breathing

#### Level 2 (ages 6-12)

**Prerequisites:** Swim 15-20 feet without the aid of a flotation device AND with the face in the water.

**Description:** Your child will learn the formal strokes of freestyle with side breathing and backstroke.

This class provides skill progressions to progress unassisted for the for the following:

- Kicking with a kickboard
- Back kicking & streamline kicking
- Backstroke & freestyle

#### Level 3 (ages 6-12)

**Prerequisites:** Your child must be able to swim 25 feet of backstroke and freestyle with side breathing.

**Description:** Your child will learn the advanced skills of breaststroke and sidestroke, as well as refine and further develop the freestyle and backstroke. All classes are drill and technique-oriented. In this course, your child will practice the following skills each lesson:

- Freestyle & backstroke (minimal work for refinement purposes)
- Breaststroke kick (whip kick) & arm stroke (kick & stroke timing)
- Body dolphin butterfly kick and arm stroke (kick & stroke timing)

#### Level 4 (ages 6-12)

**Prerequisites:** your child must be able to swim 25 feet of freestyle with side breathing.

**Description:** Your child will learn the advanced skills of sidestroke and elementary backstroke. This class is drill and technique-oriented. The following skills will be practiced each lesson:

- Freestyle & backstroke (minimal work for refinement purposes)
- Sidestroke kick & arm stroke (kick & stroke timing)
- Elementary backstroke kick and arm stroke (kick & stroke timing)
- Butterfly

### PRIVATE SWIM LESSONS

Private lessons are available for all ages – children who need one-on-one instruction or adults who would like to learn to swim, are fearful of the water, or would just like to stay fit and enhance their quality of life. Lessons last 30 minutes each.

	<u>1 Lesson</u>	<u>3 Lessons</u>	<u>6 Lessons</u>
<b>Member</b>	<b>\$25</b>	<b>\$60</b>	<b>\$110</b>
<b>Non-member</b>	<b>\$30</b>	<b>\$75</b>	<b>\$145</b>

### POLICIES AND PROCEDURES

#### Swimsuits

Modest bathing suits must be worn while swimming. No denim shorts, cutoffs, or bikinis in the pool.

Swim goggles

Both adult's and children's swim goggles are available for purchase at the front desk. (Not required for swim lessons.)

#### Payment

Payment in full is required to reserve your space for swim lessons. Please make checks payable to the Lelia Patterson Center (LPC). Payments are non-refundable.

#### Inclement Weather & Make-up Lessons

Following the National Pool Association's guidelines, the pools close during thunderstorms. Management will decide 30 minutes prior if any lesson will be canceled. Calls will be made to the phone numbers provided on the registration form.

If the facility cancels a group lesson, a make-up time will be scheduled. Otherwise, no make-up times will be available.