



**2025 WINTHROP RECREATION DEPT
SUMMER PROGRAM**



SWIM LESSONS

**This year because of a staffing issue we are making a GIANT CHANGE to
SWIM LESSONS for the 2025 Summer.**

**SESSION 1 (3 Weeks) JULY 14th to AUGUST 1st
Regular Swim Lessons**

**SESSION 2 (2 Weeks) AUGUST 4th to 15th
Classes limit in size daily 45 minute classes**

LEVELS 3-4-5	10:00-11:00am
LEVEL 1-2-Toddlers	11:00-12:00pm

FEE

**\$10.00 for Winthrop Residents
\$15.00 for Non-Winthrop Residents**

Lifeguards will be on duty

JUNE 10th to AUGUST 16th

Monday to Friday 10am to 5pm

Saturday and Sunday 12pm to 5pm

***LIFEGUARD SCHEDULE WILL BE SUBJECT TO THE NUMBER
OF LIFEGUARDS WE ARE ABLE TO HIRE***

SWIM LESSONS

LEVELS 3-4-5

10:00-11:00am

LEVEL 1-2-Toddlers

11:00-12:00pm

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 offside 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.
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
Elementary backstroke for 25 yds
Scul on back for 5 to 15 seconds
Breaststroke 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 Long Shallow Dive
Front Crawl for 50 yds

Swim underwater 3 body length
Breast stroke for 10 yds
Demonstrate a stride jump entry

Butterfly dolphin kick 10 yds with or without a kickboard.
Side Stroke for 10 yds & Elementary Backstroke for 25 yds