



2025 Winthrop Recreation Dept Summer Program



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
- Scull 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



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PICKLEBALL

Courts are available one first come basis.

Courts are reserved for HS Tennis in April-May-June from 2:30 to 6:00pm for practice and matches.

We hope people can share the space so basketball and pickleball can be played.

TO GET THE NETS:

Call the Rec Dept 207-377-9686 and set up getting access to the nets

PEOPLE TO PLAY WITH:

We would like to create a list of people who are looking to play pickleball. Then you can set up a time to come and play.

CLICK ON THE PICKLEBALL PLAYER LIST and it will take you to the list you can add your name and find others who want to play.