

SWIM LESSONS

Lifeguards will be on duty starting on June 9th
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



Two--3-week sessions of Swim Lessons (Monday to Friday)

Swim Lesson Times

Levels 3-4-5 **10:00-11:00am****

Levels Toddlers-1-2 **11:00-12:00pm****

****Times may be changed for class sizing**

SESSION 1

June 24 to July 19

(No Swim Lessons July 1st to 5th)

SESSION 2

July 22 to August 9

SWIM LESSONS REGISTRATION FEE FOR 3 WEEK SESSIONS

\$10.00 PER SESSION FOR WINTHROP RESIDENTS

\$15.00 PER SESSION FOR NON-RESIDENTS

You can sign up for both Sessions, but you will be wait list for Session 2 to make sure we can get everyone who wants to get into lessons can. Once we find out how many we have for Session 2 we will release spots for wait list.



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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



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