



SWIM LESSONS

**Lifeguards will be on duty starting on June 11th
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 26 to July 21

(No Swim Lessons July 3rd to 7th)

SESSION 2

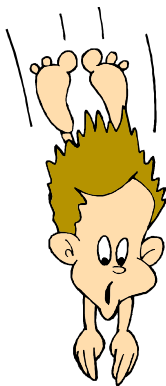
July 24 to August 11

SWIM LESSONS REGISTRATION FEE

\$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.
- Dive from dock from kneeling and compact positions.
- 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
- Dive from a stride position.
- Dive from standing position.
- 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:

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| Demonstrate Alternative Breathing | Swim underwater 3 body length | Butterfly dolphin kick 10 yds with or without a kickboard. |
| Demonstrate Long Shallow Dive | Breast stroke for 10 yds | Side Stroke for 10 yds & Elementary Backstroke for 25 yds |
| Front Crawl for 50 yds | Demonstrate a stride jump entry | |