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

<table>
<thead>
<tr>
<th>Levels</th>
<th>Swim Lesson Times</th>
<th>**Times may be changed for class sizing</th>
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<tbody>
<tr>
<td>Levels 3-4-5</td>
<td>10:00-11:00am**</td>
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<tr>
<td>Levels Toddlers-1-2</td>
<td>11:00-12:00pm**</td>
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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.

TOODLER 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/unsuported Forward and Back.
- Float/glide unsuported for 5 seconds then slide 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 alternating 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 scissor 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