



# SWIM LESSONS

**Lifeguards will be on duty starting on June 13th  
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

### SESSION 2

**June 27 to July 15**

**July 18 to August 5**

### SWIM LESSONS REGISTRATION FEE

**\$10.00 PER SESSION FOR WINTHROP RESIDENTS**

**\$15.00 PER SESSION FOR NON-RESIDENTS**

**Winthrop Residents will have priority until May 28<sup>th</sup>**

*You can register for 1 or 2 Sessions*



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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.

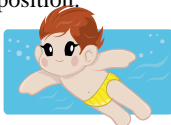
### To pass LEVEL 1 the swimmer must:

- 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:

- 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