

SWIMMING LESSONS & REGISTRATION

On-Line Registration will open on **Tuesday, May 25th at 7:00^{am}**

Registration at the Aquatic Center will begin **Tuesday, May 25th at 7:00^{am}** and continue during open hours

FEES:

Resident: \$33.00 per child

Non-Resident: \$40.00 per child

- Mail-In registrations for swimming lessons will not be accepted.
- There is no multiple child discount.
- All lessons are held at the FdL Community Aquatic Center.
- \$5.00 processing fee to transfer or change lesson times and/or sessions.

Lessons are held Monday – Thursday

Session 1	Session 2	Session 3	Session 4	Session 5
June 14 - 24	June 28 - July 8	July 12 - 22	July 26 - August 5	August 9 - 19

Ages 3 - 5 • Small Pool

Class	Time	Session				
		1	2	3	4	5
Starfish No experience in water. Will learn proper kicking, submerging head & basic front float.	9:45 - 10:15am	✓	✓	✓	✓	✓
	10:20 - 10:50am	✓	✓	✓	✓	
	10:55 - 11:25am					
	11:30am - 12:00pm	✓	✓	✓	✓	
Sunfish Must be able to submerge head. Will learn front & back floats.	9:45 - 10:15am	✓	✓	✓	✓	
	10:20 - 10:50am					✓
	10:55 - 11:25am	✓	✓	✓	✓	
	11:30am - 12:00pm	✓	✓	✓	✓	
Dolphin Must be able to do front & back floats. Will learn front crawl combination.	9:45 - 10:15am					
	10:20 - 10:50am	✓	✓	✓	✓	
	10:55 - 11:25am					✓
	11:30am - 12:00pm					
Super Dolphin/Orca Super Dolphin: Must be able to do flutter kick 15 yards with a board, beginner stroke 10 yards, & jump into deep water. Will learn rhythmic breathing, & coordination of front crawl. Orca: Must be able to flutter kick on front & do rhythmic breathing. Will learn coordination of front crawl, elementary back stroke, & back crawl	9:45 - 10:15am					
	10:20 - 10:50am					
	10:55 - 11:25am	✓	✓	✓	✓	
	11:30am - 12:00pm					✓

Ages 6 & up • Large Pool

Class	Time	Session				
		1	2	3	4	5
Level 1 No experience in water, unable to prone float, or do rhythmic breathing. Will learn supported floating & submerging of face. *Same skills as Starfish/Sunfish*	9:00 - 9:40am	✓	✓	✓	✓	
	9:45 - 10:15am					✓
	9:45 - 10:25am					
	10:30 - 11:10am					
	11:15 - 11:55am					
Level 2 Must be able to do skills of level 1. Will learn front & back floats, front & back glides, rhythmic breathing, and combined arm & leg motions. *Same skills as Dolphin/Super Dolphin*	9:00 - 9:40am	✓	✓	✓	✓	
	9:45 - 10:25am	✓	✓	✓	✓	
	10:20 - 10:50am					✓
	10:30 - 11:10am					
	11:15 - 11:55am	✓	✓	✓	✓	
Level 3 Must be able to do skills of level 2. Will learn front crawl, back crawl, treading, & butterfly kick.	9:00 - 9:40am					
	9:45 - 10:25am	✓	✓	✓	✓	
	10:30 - 11:10am	✓	✓	✓	✓	
	11:15 - 11:55am					
Level 4 Must be able to do skills of level 3, Will learn stride jump, feet-first, surface dive, elementary back-stroke, breaststroke, & coordination of front & back crawl.	9:00 - 9:40am					
	9:45 - 10:25am					
	10:30 - 11:10am	✓	✓	✓	✓	
	11:15 - 11:55am					
Level 5/6 Level 5: Must be able to do all the skills of level 4. Will learn long shallow dive, surface dives, flip turns, & butterfly. Continued practice of crawls, breaststroke, side stroke, survival float, & treading of water Level 6: Perfection of all strokes, surfaces dives, conditioning, under water swimming, & competition turns for all strokes.	9:00 - 9:40am					
	9:45 - 10:25am					
	10:30 - 11:10am					
	11:15 - 11:55am	✓	✓	✓	✓	