

Swimming Lessons & Registration

On-Line Registration will open on **Tuesday, May 23rd at 8:00pm**

In-person registration will begin on **Wednesday, May 24th at 7:00am** at the Aquatic Center and continue during open hours

Fees:

Resident: \$33.00 per child

Non-Resident: \$40.00 per child

- All lessons are held at the FdL Community Aquatic Center.
- \$5.00 processing fee to transfer or change lesson times and/or sessions.
- Registering for the incorrect class will not guarantee your child(ren) a spot in classes. If the appropriate class is full, your registration fee will be refunded and your child(ren) must participate in swim lessons at a later date.

Lessons are held Monday – Thursday

Session 1	Session 2	Session 3	Session 4	Session 5
June 12 - 22	June 26 - July 7 (No class July 4)	July 10 - 20	July 24 - August 3	August 7 - 17 (Small Pool Only)

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.	9:10 - 9:40am	✓	✓	✓	✓	✓
	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.	9:10 - 9:40am	✓	✓	✓	✓	✓
	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 - 14 • 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					
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 backstroke, 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	✓	✓	✓	✓	

