

Swimming Lessons & Registration

Registration will open on-line on **Tuesday, May 21st** at 8:00pm

Fees:

Resident: \$40.00 per child

Non-Resident: \$48.00 per child

- All lessons are held at the FdL-SD Aquatic Center.
- \$5.00 processing fee will be assessed for any transfer, change lesson times and/or sessions, or refunds.
- 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 (minus the \$5.00 processing fee) 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
See pg. 7	See pg. 7	July 8 - 18	July 22 - August 1	August 5 - 15 (Small Pool Only)

Ages 3 - 5 • Small Pool

Class	Time	Session		
		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		
		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 - 10:25am			
	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 as Dolphin/Super Dolphin*	9:00 - 9:40am	✓	✓	
	9:45 - 10:25am	✓	✓	
	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	✓	✓	