

Fall Swimming Lessons & Registration

Online registration opens the following dates at 8:00^{pm} on the FdL-SD Community Education & Recreation Department website www.fdlrecdept.com - No in-person registration available:

Saturdays: Thursday, Oct 22

\$40 Residents
\$48 Non-Residents

Session 1: Thursday, Sept 17

Session 2: Thursday, Oct 15

\$45 Residents
\$53 Non-Residents

- \$5.00 processing fee will be assessed for any transfer, change in 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.
- Parents/guardians must observe lessons from the balcony or hallway areas only.

Saturdays: Nov 7th - Dec 19th

(Classes will NOT meet on Saturday, Nov 28th)



Small Pool Lessons (3 - 5 yrs old)		Large Pool Lessons (6 - 14 yrs old)	
Pre-School 1	9:00 - 9:30 ^{am}	Level 5/6	9:00 - 9:40 ^{am}
	10:10 - 10:40 ^{am}	Level 4	9:00 - 9:40 ^{am}
	10:45 - 11:15 ^{am}	Level 1	9:45 - 10:25 ^{am}
Pre-School 2	11:20 - 11:50 ^{am}		11:15 - 11:55 ^{am}
	9:00 - 9:30 ^{am}	Level 3	9:45 - 10:25 ^{am}
	9:35 - 10:05 ^{am}		10:30 - 11:10 ^{am}
Pre-School 3	10:45 - 11:15 ^{am}	Level 2	10:30 - 11:10 ^{am}
	11:20 - 11:50 ^{am}		11:15 - 11:55 ^{am}
	9:35 - 10:05 ^{am}	Adult Swim Lessons (18+) 8:00 - 8:45 ^{am}	
	10:10 - 10:40 ^{am}		

Mondays

Session 1

Sept 28 - Nov 16

Large Pool Lessons (6 - 14 yrs old)	
Level 1	4:15 - 5:00 ^{pm}
Level 1	5:05 - 5:50 ^{pm}

Monday & Wednesdays

Session 1

Sept 28 - Oct 21

Session 2

Oct 26 - Nov 18

Small Pool Lessons (3 - 5 yrs old)	
Pre-School 1	4:00 - 4:30 ^{pm}
Pre-School 2	4:30 - 5:00 ^{pm}
Pre-School 3	5:00 - 5:30 ^{pm}
Pre-School 1	5:30 - 6:00 ^{pm}

AGES 3 - 5 SMALL POOL	Pre-School 1:	Pre-School 2:	Pre-School 3:
	No or little experience in water. Will learn proper kicking, submerging head, basic front float, and safety around water.	Must be able to submerge head and do skills learned in Pre-School Level 1. Will learn front & back crawl combination.	Must be able to do skills learned in Pre-School Level 2. Will learn rotary breathing and work on refining previously taught skills without assistance.
AGES 6 - 14 LARGE POOL	Level 1:	Level 2:	Level 3:
	No experience in water or is unable to prone float, back float, or do rhythmic breathing. Will learn supported floating, submerging of face, blowing bubbles, and able to move comfortably through the water.	Must be able to do skills of level 1. Will learn front and back floats, front and back glides, rhythmic breathing, and combined arm & leg motions.	Must be able to do skills of level 2. Will learn front crawl, back crawl, treading of water, and butterfly kick.
	Level 4:	Level 5:	Level 6:
	Must be able to do skills of level 3. Will learn stride jump, feet-first surface dive, elementary backstroke, sidestroke, butterfly, & coordination of front & back crawls. At conclusion, student will be able to swim front crawl, back crawl, & elementary back for 25 yards each & breast stroke, butterfly, & side stroke for 15 yards each.	Must be able to do all skills of level 4. Will learn long shallow dive, surface dives, flip turns, and will perfect front crawl, back crawl, breaststroke, side stroke, survival float, and treading of water.	Must be able to perfect skills of level 5. Level 6 will include perfection of all strokes & surface dives, conditioning, underwater swimming, competitive turns for all strokes, and life guarding basics.

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.

WATER BUDS

Parent-Tot swim class

Ages: 6 months - 3 years

MONDAYS

6:00 - 6:30pm

No registration required

\$4.50 per class

Discount punch cards available



**U.S. MASTERS
SWIMMING**

A workout group for improving technique, speed, stamina, and overall fitness.

Led by a Masters Certified Swim Coach.

Day(s)	Mon & Wed	Tues & Thurs
Time(s)	6:00 - 7:00am	10:30 - 11:45am

Swimmers must be registered with U.S. Masters Swimming to participate.
FDL-SD Aquatic Center admission fees apply.