

2017 Summer Group Swim Lessons

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
9:30am - 10:00am						Octopus	Octopus
10:00am - 10:30am	Pollywogs Starfish Seahorse Octopus Polar Bear Dolphin	Pollywogs Starfish Seahorse Octopus Polar Bear Dolphin	Pollywogs Starfish Seahorse Octopus Polar Bear Dolphin	Pollywogs Starfish Seahorse Octopus Polar Bear Dolphin		Pollywogs	Pollywogs
10:30am - 11:00am	Pollywogs Starfish Seahorse Octopus Polar Bear Dolphin	Pollywogs Starfish Seahorse Octopus Polar Bear Dolphin	Pollywogs Starfish Seahorse Octopus Polar Bear Dolphin	Pollywogs Starfish Seahorse Octopus Polar Bear Dolphin		Starfish	Starfish
11:00am - 11:30am	Pollywogs Starfish Seahorse Octopus Polar Bear Dolphin	Pollywogs Starfish Seahorse Octopus Polar Bear Dolphin	Pollywogs Starfish Seahorse Octopus Polar Bear Dolphin	Pollywogs Starfish Seahorse Octopus Polar Bear Dolphin		Seahorse	Seahorse
11:30am - 12:00pm						Polar Bear	Polar Bear
12:00pm - 12:30pm						Dolphin	Dolphin
3:00pm - 3:30pm	Pollywogs Starfish Seahorse Octopus Polar Bear Dolphin	Pollywogs Starfish Seahorse Octopus Polar Bear Dolphin	Pollywogs Starfish Seahorse Octopus Polar Bear Dolphin	Pollywogs Starfish Seahorse Octopus Polar Bear Dolphin			
3:30pm - 4:00pm	Pollywogs Starfish Seahorse Octopus Polar Bear Dolphin	Pollywogs Starfish Seahorse Octopus Polar Bear Dolphin	Pollywogs Starfish Seahorse Octopus Polar Bear Dolphin	Pollywogs Starfish Seahorse Octopus Polar Bear Dolphin			

Weekday Sessions - (Meet Mon-Thurs)

Session 1: 6/19-6/22 Session 5: 7/17-7/20
 Session 2: 6/26-6/29 Session 6: 7/24-7/27
 Session 3: 7/3-7/6 Session 7: 7/31-8/3
 Session 4: 7/10-7/13 Session 8: 8/7-8/10
 Session 9: 8/14-8/17 Session 10: 8/21-8/24

Saturday Sessions

(Meet once a week)

Session 1: 6/24-7/15
 Session 2: 7/22-8/12

Members: **\$100**/session
 Community Members: **\$240**/session
 Week of July 3-6 **\$75 / \$180**. *No Class July 4th

Sunday Sessions

(Meet once a week)

Session 1: 6/25-7/16
 Session 2: 7/23-8/13

Group Swim Lessons

Class Descriptions



Pollywogs - is a musical play-based parent-child class designed to familiarize children 6 months to 3 years with playing in and around water. Kids will learn how to ask permission before entering the water and how to call for help. They will explore submersion of the mouth, nose and eyes, buoyancy on the front and back and changing body position with support.



Starfish - Learn to Swim introduces children to the aquatic environment and helps them gain basic skills including entering and exiting the pool, blowing bubbles, submersion, front and back floats with assistance, basic arm motions and kicking on front and back.



Seahorse - Learn to Swim gives swimmers success with fundamental water skills such as entering the water with a jump, full submersion, bobbing, floating independently on front and back and using both arms and legs to move unassisted through the water.



Octopus - builds on the skills in Seahorse by taking swimmers into deeper water. Swimmers learn headfirst entries into the pool, rotary breathing, treading water, flutter, scissor, dolphin and breaststroke kicks on front and back, front crawl and elementary back stroke.



Polar Bear, Seal & Dolphin - These are a lap-based classes aimed at strong swimmers who are familiar with nearly all the strokes. Students practice front and back crawl, elementary backstroke, breaststroke, sidestroke and butterfly, compact and stride entries, underwater swimming, feet first surface dives, survival swimming, treading water and open turns for front crawl and backstroke. Dolphin is a fitness swim and dive class for students who have achieved all other levels.

Contact ann@thoreau.com for more information or to enroll.

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