Fall Session 2:
Swim Lesson Schedule

Swim School at Thoreau 2019

WEEKDAY

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY
9:30 AM		LEVEL 1		
10:00 AM		LEVEL 2		
10:30 AM				LEVEL 1
11:00 AM				LEVEL 2
3:30 PM		LEVEL 1		LEVEL 2
4:00 PM	LEVEL 3	LEVEL 2	LEVEL 1	LEVEL 3
4:30 PM	LEVEL 5	LEVEL 3 LEVEL 4	LEVEL 2	LEVEL 3 LEVEL 4

WEEKEND

	SATURDAY	SUNDAY
9:00 AM		ADAPTIVE
9:30 AM	PARENT CHILD	PARENT CHILD
10:00 AM	LEVEL 1	LEVEL 1
10:30 AM	LEVEL 2	LEVEL 2
11:00 AM	LEVEL 3	LEVEL 3
11:30 AM	LEVEL 4	LEVEL 4
12:30 PM	LEVEL 5	

Session Dates

October 28th - December 22nd
7-Week Session

No class 11/25 - 12/1

Group Lessons

Thoreau Swim Members: $174
Community Members: $219

All lessons are 30 minutes long

Private Lessons are Available Upon Request.
Visit Our Website for More Information and to Register
Email: programs@thoreau.com

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Parent Child

Ages 6 months - 3.5 years

Introduces basic skills to parents and Children. Parents learn how to safely work with their child in the water, including how to appropriately support and hold their child in the water and how to prepare and encourage their child to participate fully and try the skills. Children receive and introduction to basic water skills that lay a foundation for learning to swim. Additionally, parents are introduced to several water safety topics.

Level 1

Level 1 introduces basic water skills, which participants continue to build on as they progress through the Learn-to-Swim program. Additionally, participants start developing positive attitudes, effective swimming habits, and safe practices in and around the water.

Level 2

The objective of Learn-to-Swim level 2 is to give participants success with fundamental skills. This level marks the beginning of true locomotion skills. Participants learn to glide and float without support and recover to a vertical position. Participants further develop alternating and simultaneous arm and leg movements on the front and back, which lays the foundation for future strokes.

Level 3

Level 3 is designed to expand proficiency of previously learned skills by providing additional guided practice. Participants learn and practice front crawl and elementary backstroke at a rudimentary proficiency. They also are introduced to the dolphin kick, scissor kick, and head first entries. Participants who successfully complete level 3 will have achieved basic water competency in a pool.

Level 4

In Learn-to-swim level 4, participants improve their aquatic skills and increase their endurance by swimming the strokes learned in Level 3 for greater distances and with more advanced proficiency. Participants add arm actions to the previously learned scissor kick and breaststroke kick so that they are able to perform rudimentary sidestroke and breaststroke. Participants also begin learning backstroke and butterfly, as well as a basic open turn.

Level 5

In level 5, participants refine their performance of all six strokes (I.e., freestyle, backstroke, butterfly, breaststroke, elementary backstroke and sidestroke) and increase the distance that they swim. Participants also learn to perform flip turns on the front and back.

Adaptive Learn-to-Swim

Learning the Basics

Our adaptive learn to swim class is designed to introduce basic aquatic skills to caregivers and children. Caregivers learn how to safely work with their child in the water, including how to appropriately support and hold their child in the water and how to prepare and encourage their child to try the skills. Children receive and introduction to basic water skills that lay a foundation for learning to swim. Additionally, caregivers are introduced to several water safety topics.