

# Fall Swim Lesson Schedule

Swim School  
at Thoreau  
2019

## WEEKDAY

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY
12:00 PM				PARENT CHILD 1 PARENT CHILD 2
3:30 PM	LEVEL 1 LEVEL 2	LEVEL 5 LEVEL 6	LEVEL 3 LEVEL 4	LEVEL 1 LEVEL 2
4:00 PM	LEVEL 3 LEVEL 4	LEVEL 1 LEVEL 2	LEVEL 5 LEVEL 6	LEVEL 3 LEVEL 4
4:30 PM	LEVEL 5 LEVEL 6	LEVEL 3 LEVEL 4	LEVEL 1 LEVEL 2	LEVEL 5 LEVEL 6

## WEEKEND

	SATURDAY	SUNDAY
9:00 AM		ADAPTIVE
9:30 AM		ADULT
10:00 AM	PARENT CHILD 1 PARENT CHILD 2	PARENT CHILD 1 PARENT CHILD 2
10:30 AM	LEVEL 1 LEVEL 2	LEVEL 1 LEVEL 2
11:00 AM	LEVEL 3 LEVEL 4	LEVEL 3 LEVEL 4
11:30 AM	LEVEL 5 LEVEL 6	LEVEL 5 LEVEL 6

## Session Dates

September 9th-October 27th  
7-Week Session

## 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.

# Spring Swim Schedule 2018-2019

## Swim School at Thoreau

### Swim School at Thoreau

#### Parent Child Level 1

##### 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.

#### Parent Child Level 2

##### Ages 6 months - 3.5 years

Level 2 builds on the skills introduced in Level 1. Participants improve on these skills and learn more advanced skills in level 2. As with Level 1, water safety topics are also included in this level.

#### 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.

#### Level 6

Level 6 prepares a swimmer for using swimming to help improve their fitness. This course teaches participants the skills and techniques necessary to work out on their own, in a pool. We teach them how to circle swim, use a pace clock, and how to design an exercise program along with giving them feedback on their stroke technique.

#### 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.

#### Adult Swimming

##### Learning the Basics

Adult Swim- Learning the basics introduces basic aquatic skills and swimming strokes including front crawl, breaststroke, and elementary backstroke. Participants learn skills and concepts needed to stay safe around water, in addition to those needed to help themselves or others in an aquatic emergency