

# Summer Swim Schedule 2018

## Swim School at Thoreau

### *Weekday Sessions*

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY
10:30 AM	LEVELS 1, 2, 3	LEVELS 1, 2, 3	LEVELS 1, 2, 3	LEVELS 1, 2, 3
11:00 AM	LEVELS 1, 2, 3	LEVELS 1, 2, 3	LEVELS 1, 2, 3	LEVELS 1, 2, 3
11:30 AM	LEVELS 1, 2, 3, 4	LEVELS 1, 2, 3, 4	LEVELS 1, 2, 3, 4	LEVELS 1, 2, 3, 4
3:00 PM	LEVELS 1, 2	LEVELS 1, 2	LEVELS 1, 2	LEVELS 1, 2
3:30 PM	LEVELS 3, 4	LEVELS 3, 4	LEVELS 3, 4	LEVELS 3, 4

**Session Dates:** Classes meet Monday through Thursday during your One-Week session.

(Session 1): 6/25 - 6/28

(Session 2): 7/2 - 7/5 \*No Class July 4th, Week 2 Pro-Rated

(Session 3): 7/9 - 7/12

(Session 4): 7/16 - 7/19

(Session 5): 7/23 - 7/26

(Session 6): 7/30 - 8/2

(Session 7): 8/6 - 8/9

(Session 8): 8/13 - 8/16

### *Weekend Sessions*

	SATURDAY	SUNDAY
10:00 AM	BABY & ME	BABY & ME
10:30 AM	LEVEL 1	LEVEL 1
11:00 AM	LEVEL 2	LEVEL 2
11:30 AM	LEVEL 3	LEVEL 3
12:00 PM	LEVEL 4	LEVEL 4
12:30 PM	LEVEL 5	LEVEL 5

**Session Dates:**

Sat (1): 6/30 - 7/21    Sun (1): 7/1 - 7/22

Sat (2): 7/28 - 8/18    Sun (2): 7/29 - 8/19

Classes meet once per week during your Four-Week Saturday or Sunday session.

### *Group Lessons*

Thoreau Swim Members: \$99/session

Community Members: \$119/session

*All lessons are 30 minutes long*

### *Private Lessons*

Thoreau Swim Members: \$259 (6 pack)

Community Members: \$329 (6 pack)

The  
**Thoreau Club**  
Where families & friends belong

# Learn-to-Swim

## Swim School at Thoreau

### Baby & Me

#### *Swimming Skills:*

- Entering and exiting the pool safely
- Floating with assistance
- Submerging eyes, nose, ears and mouth
- Blowing bubbles
- Musical games to encourage water comfort

#### *Safety Skills:*

- Asking permission before entering the water
- Drowning prevention and education for parents

### Level 3

#### *Swimming Skills:*

- Basic water competency
- Kneeling dives
- Streamline position on front and back
- Front Crawl 25 yards
- Elementary Backstroke 25 yards
- Introduction to Backstroke
- Flutter, scissor, dolphin, and breaststroke kick
- Tread water for one minute

#### *Safety Skills:*

- Breath control
- How to react to falling in the water

### Level 1

#### *Swimming Skills:*

- Entering and exiting the pool independently
- Independent submerging of the whole body
- Front floating
- Back floating
- Independent kicking with equipment
- Independent swimming for 15 feet with arms and legs

#### *Safety Skills:*

- How and when to use a life-jacket
- Staying safe around bodies of water

### Level 4

#### *Swimming Skills:*

- Standing dives
- Breaststroke 25 yards
- Sidestroke 25 yards
- Backstroke 25 yards
- Introduction to Butterfly
- Freestyle for 50 yards with rotary breathing
- Open turns

#### *Safety Skills:*

- Recognizing a water emergency
- Assisting a distressed swimmer

### Level 2

#### *Swimming Skills:*

- Jumping independently into shoulder deep water and recovering
- Retrieving objects fully submerged
- Front Crawl for half a pool length
- Elementary Backstroke for half a pool length
- Treading water for 30 seconds

#### *Safety Skills:*

- Calling for help in an emergency
- Being safe in the sun

### Level 5

#### *Swimming Skills:*

- Introduction to competitive swimming
- Perfecting Freestyle
- Perfecting Backstroke
- Perfecting Butterfly
- Racing starts & turns

#### *Safety Skills:*

- Watercraft Safety
- When to call 911