

# Winter 2022 SESSION

## Swim Lesson Schedule

	MONDAY	TUESDAY	THURSDAY	SATURDAY	SUNDAY
8:45 AM					
9:45 AM				LEVEL 1 LEVEL 3	
10:30 AM				LEVEL 2 LEVEL 4	
4:00 PM	LEVEL 1 LEVEL 3	LEVEL 1 LEVEL 2	LEVEL 1 LEVEL 3 LEVEL 4		
4:30 PM	LEVEL 2 LEVEL 4	LEVEL 1 LEVEL 2	LEVEL 1 LEVEL 2		

### Session Dates

#### Session 3

January 24th - March 5th

Swim Member- \$124

Non-member \$209

\*Total of 5 classes

(No lessons during February vacation week - 2/21/22)

If your swimmer is experiencing any flu-like symptoms, please stay home. If you would like to make up an illness-related absence, emailwendy@thoreau.com to RSVP for a make-up lesson. Be advised, based on the resources available, we may not be able to provide a make-up lesson for Group Swim Lessons



# Fall Session: Swim Schedule 2021

## Swim School at Thoreau

### Class Descriptions

#### Baby & Me

Ages 12 months - 4 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 an 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.