

Winter Swim Lesson Schedule

Swim School
at Thoreau
2018-2019

Weekday

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY
2:00 PM		LEVEL 2		BABY & ME
2:30 PM		LEVEL 3		LEVEL 2
4:00 PM	LEVEL 3	LEVEL 1	LEVEL 4	LEVEL 2
4:30 PM	LEVEL 4	LEVEL 3	LEVEL 2	LEVEL 4

Weekend

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

Session Dates

November 26th - February 5th
9-Week Session

No Class 12/24/18 - 1/1/19

Group Lessons

Thoreau Swim Members: \$249
Community Members: \$299

All lessons are 30 minutes long

Private Lessons are Available Upon Request.

Visit Our Website for More Information and to Register.

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Swim School at Thoreau

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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