



Spring Session March 5 - May 20

**Thoreau Swim
Members: \$249**

**Community
Members: \$299**

Classes require a minimum
of two participants to run

NO CLASS
Easter Sunday April 1 or
School Vacation Week
April 16-22

Thoreau Swim School

SPRING 2018 SCHEDULE

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	SATURDAY	SUNDAY
10:00am				Level 2	Baby & Me Level 1	Baby & Me Level 1
10:30am				Baby & Me	Level 1 Level 2	Level 1 Level 2
11:00am				Level 1	Level 2 Level 3	Level 2 Level 3
11:30am					Level 3 Level 4	Level 3 Level 4
12:00pm					Level 4 Level 5	Level 4 Level 5
3:30pm	Level 1	Level 2	Level 3	Level 1		
4:00pm	Level 3	Level 1	Level 4	Level 2		
4:30pm	Level 4	Level 3	Level 2	Level 5		

All classes are 30-minutes long and meet once per week.

LEARN TO SWIM

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 education for parents

Learn to Swim 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

Learn to Swim 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 under the sun

Learn to Swim 3

Swimming Skills

- Kneeling dives
- Streamline position on front and back
- Front crawl 25 yards
- Elementary Backstroke 25 yards
- Introduction to Backstroke
- Flutter, scissor, dolphin, and breaststroke kicking

Safety Skills

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

Learn to Swim 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

Learn to Swim 5

Swimming Skills

- Introduction to competitive swimming
- Perfecting Freestyle
- Perfecting Backstroke
- Perfecting Breaststroke
- Perfecting Butterfly
- Racing Starts & Turns

Safety Skills

- Watercraft Safety
- When to call 911