

Swim Levels

Parent N' Child—PC: Ages 6 months to 3 y.o.

This class is a great bonding experience for the parents & children. It helps infants & toddlers become comfortable in & around water. This class is not designed to make young children become swimmers or to be able to save themselves in water. This is an informative class on techniques to get your child comfortable being in the water.

Preschool Level—PreL: Ages 3 y.o. to 5 y.o.

They will learn basic aquatic skills such as how to bob under water, submerge & hold breath, types of floating, and treading water. **Requirements for Preschool Level:** Must be comfortable leaving parent ; Little to no previous swim experience.

Swimming Level 1—SL1: Ages 6 y.o. and older

They will begin to independently move in the water. Such skills include intermediate floating & gliding and beginner treading water & bobbing under water.

Swimming Level 2—SL2: Ages 6 y.o. and older

Builds on level 1, need to be able to swim 10 to 15 feet. Learn how to independently bob under water, submerge & hold breath, types of floating, treading water, and changing directions & positions.

Swimming Level 3 —SL3: Ages 6 y.o. and older

Builds on level 2, includes treading water, breathing techniques, etc. They will learn the survival float, front crawl, & elementary backstroke. This class introduces the scissor & dolphin kicks, as well as head first entries.

Swimming Level 4-5 —SL4/5: Ages 6 y.o. and older

Builds on level 3, includes improving skills and endurance for greater distances. They will learn all strokes as well as flip turns and open turns. This class is the hardest class offered for swim lessons.

Safety Topics: Participants & parents will learn safety rules about the water as well as other safety issues that children or parents don't understand.

Swim Sessions & Class

Please arrive dressed & ready 5 minutes prior to class time.

Don't forget to bring a towel & goggles!

Session 1	Mondays thru Thursday	June 7—June 17
Registration OPEN	Registration Deadline	June 4
Session 2	Mondays thru Thursday	June 28—July 8
Registration OPEN	Registration Deadline	June 25
Session 3	Mondays thru Thursday	July 19—July 29
Registration OPEN	Registration Deadline	July 16

Class Times

Mornings

Mondays thru Thursdays: Sessions are 2 weeks

A) 9:00– 9:40am Preschool Level
Level 1

B) 9:45– 10:25am Preschool Level
Level 1

C) 10:30– 11:10am Parent N' Child
Level 1
Levels 3

Evenings

Mondays thru Thursdays: Sessions are 2 weeks

D) 5:00– 5:40pm Preschool Level
Parent N' Child
Level 2

E) 5:45– 6:25pm Preschool Level
Level 1
Level 4-5

Registration Dates

Mon. May 10 : 4-6pm Location: *Center Circle Pool

Tues. May 11 : 4-6pm Location: SPAR Waterpark

Tues. May 18 : 4-6pm Location: SPAR Waterpark

*CCP location accepts Cash or Local Check ONLY.

SPAR location accepts Credit Card payments.

Registration Form

\$45 for first child in session &
\$40 for each additional child per family

Participant Info:

Session: _____

Name:						
Level:	PC	PreL	SL1	SL2	SL3	SL 4/5
Time:						
Age:						
DOB:						
Gender:						

Name:						
Level:	PC	PreL	SL1	SL2	SL3	SL 4/5
Time:						
Age:						
DOB:						
Gender:						

Name:						
Level:	PC	PreL	SL1	SL2	SL3	SL 4/5
Time:						
Age:						
DOB:						
Gender:						

Parent Information:

Name:			
DOB:			
Gender:			
Address:			
Emergency Contact:	Name	Relation	Cell Phone

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