

AQUATICS GROUP SWIM LESSONS

GROUP SWIM LESSONS

Swimming lessons will be scheduled throughout the summer at Milburn Pool. Water safety is an important part of our program and will be included within the curriculum of each swim level. The program objective and mission is to provide a positive, fun-filled opportunity to learn skills that will reduce the number of drowning accidents and provide lifelong aquatic enjoyment. Scholarships are available for swim lessons; see page 6 for more information. **Classes will meet Monday – Thursday; Friday will be reserved for inclement weather and Holiday make-up days.**

AGES:	6 months – 12 years	
FEE:	RESIDENT	NON-RESIDENT
	\$40 per person	\$70 per person
DATES:	May Session	May 18 – May 29
	Session 1	June 1 – June 11
	Session 2	June 15 – June 25
	Session 3	June 29 – July 9
	Session 4	July 13 – July 23
	Session 5	July 27 – August 6
TIME:	Please refer to www.cpparks.net	



**American
Red Cross**

**REGISTER
ONLINE**
cpparks.net

ONLINE REGISTRATION

Register online at www.cpparks.net beginning **March 2nd**.

- To register, go to the Activities tab at the top of the page and select “Swim Lessons” from the drop box options.
- On the next screen, select “SWIM LESSONS” located in the middle of the screen.
- Then select the type of lesson you are searching for: Group, Private, or Semi-Private Lessons.
- Continue making selections from the options that are presented to you to narrow your search and get the class of choice.

SWIM LEVEL IDENTIFICATION

PARENT/CHILD – INTRODUCTION TO AQUATIC SKILLS

This class is for parents and their infants and toddlers 6 months to 3 years. Parents get in the water with the child. The instructor introduces the parent and infants to the water environment, games, skills and safety. The objective is to form good water habits and to teach the parents how to continue teaching their kids. Each session consists of eight 40-minute instructional lessons with 5 minutes for parent/instructor discussion. *Prerequisites:* Age of 6 mo. – 3 yrs. No skill prerequisites.

**By taking this class it does not mean that the child will be ready to go to the next level. Please take into consideration that every child learns at a different rate.*

PRESCHOOL – INTRODUCTION TO AQUATIC SKILLS

This is an entry level class for beginners ages 4 to 5 years. The object of the class is to get the child comfortable in the water and form good water habits. The class covers the basic skills of entering and exiting the water, blowing bubbles, bobbing underwater, floating, and the basics of freestyle. Each session consists of eight 40-minute instructional lessons with 5 minutes for parent/instructor discussion. *Prerequisites:* Age of 4-5 yrs. No skill prerequisites.

**By taking this class it does not mean that the child will be ready to go to the next level. Please take into consideration that every child learns at a different rate.*

LEVEL 1 – INTRODUCTION TO AQUATIC SKILLS

This is an entry level class for beginners ages 6 years and older. This class covers entering and exiting the water, blowing bubbles, bobbing underwater, floating and gliding on front & back, basic water safety, working on breath control and body position, and the basics of freestyle. Each session consists of eight 40-minute instructional lessons with 5 minutes for parent/instructor discussion. *Prerequisites:* Age of 6 yrs. No skill prerequisites.

**By taking this class it does not mean that the child will be ready to go to the next level. Please take into consideration that every child learns at a different rate.*

LEVEL 2 – FUNDAMENTAL AQUATICS SKILLS

This class will build upon Level 1 material. Students will learn freestyle technique with combined leg action and arm strokes, various floating techniques, continued water safety and will be challenged to increase their swimming distance. Each session consists of eight 40-minute instructional lessons with 5 minutes for parent/instructor discussion. *Prerequisites:* Age of 6 yrs. and the successful completion of Level 1. Swimmers must be able to display comfort around the water

**By taking this class it does not mean that the child will be ready to go to the next level. Please take into consideration that every child learns at a different rate.*