



Forest Lakes Swim Lesson Program Summer 2010 REGISTRATION

Thursday, May 13th 6:00pm-7:30pm North Pavilion
Saturday, May 29th 1:00pm-2:00pm South Pool

You may sign up for any class at either registration. Swim lessons are for Forest Lakes residents only.

Session 1: June 21- July 2

North Pool

Level I 10:35 am; 11:10 am; 6:05 pm

Level II 10:35 am; 11:45am 5:30 pm; 6:40 pm

Level III 10:00 am ;11:10 am;5:30 pm; 6:05pm

Level IV 10:00 am; 6:40 pm

South Pool

Level I 5:30 pm

Level II 6:05 pm

Level III 6:40 pm

Session 2: July 5- July 16

North Pool

Level I 10:35 am; 11:10 am; 5:30 pm

Level II 10:35 am; 11:10 am

Level III 10:00 am

Level IV 10:00 am; 6:40 pm

Aquatots/Water Babies 6:05 pm

Aquatots/Preschool 11:45 am

South Pool

Level I 6:05 pm

Level II 5:30 pm

Level III 6:40 pm

Session 3: July 19-July 30

North Pool

Level I 11:10 am

Level II 10:35 am; 11:10 am

Level III 10:00 am; 5:30 pm

Level IV 10:00 am; 6:05 pm

Level V 6:40 pm

Aquatots/Preschool 10:35am

South Pool

Level I 5:30 pm

Level II 6:05pm

Level III 6:40 pm

American Red Cross Program

Level I (3 years and up) First class without a parent. Skills include floating, kicking, bobbing, arm movements, breath control, rolling over and safety. All skills are done with support.

Level II (3 years and up) Skills emphasized are rhythmic breathing, unsupported front/back floats and glides, finning, front crawl, elementary backstroke and safety.

Level III (5 years and up) Must have completed Level II skills. Skills emphasized are front crawl with breathing to side, elementary backstroke, treading water, butterfly kick, scissor kick, survival float and diving.

Level IV (6 years and up) Must have completed Level III skills. Skills emphasized are deep water bobbing, breast stroke, sidestroke, back crawl, butterfly and endurance in front crawl and elementary backstroke.

Level V (6 years and up) Must have completed Level IV skills. Skills emphasized are endurance of previous skills, sculling, shallow and surface dives, flip turns and safety.

Parent Assisted Classes

Waterbabies/Aquatot (6 mos to 2 yrs) A great first class! Emphasis on water adjustment, safety and supported movement through the water.

Preschool (2 years to 3 years) Same skills as aquatot. Emphasis on breath control, jumping-in and beginner forms of propulsion.

Class size: minimum 6 children, maximum 12.

Late registration: Sign up books with listings of open classes will be available at the pool registration tables beginning on Monday, May 31st.

Swim lessons are taught in **two-week sessions** consisting of eight half-hour classes each session. There are two built-in make-up days per session in case of inclement weather.

Semi-private classes will be offered if there are less than 4 children registered for a class. **Private** lessons are available for children and adults.

Class size: Minimum 4 children; maximum 6 children (except for parent-assisted classes)

Cost: Cost per child per session is \$60.

