

Bill Heddles Recreation Center <u>Group</u> Swim Lessons SUMMER 2024 **Registration begins Wed. May 1st**

\$35 for two week session (8 x 30min lessons)

Session 1		Session 2		Session 3		Session 4		
Tues-Fri 2 weeks		Tues-Fri 2 weeks		Tues-Fri 2 weeks		Tues-Fri 2 weeks		
June 4-14		June 18-28		July 9-19		July 23-Aug 2		
Sign-up ends 5/31 @ noon		Sign-up ends 6/14 @ noon		Sign-up ends 7/2 @ noon		Sign-up ends 7/19 @ noon		
8:45-9:15am		8:45-9:15am		8:45-9:15am		8:45-9:15am		
Level 1	1A	Level 1	2A	Level 1	3A	Level 1	4A	
Level 2	1B	Level 2	2B	Level 2	3B	Level 2	4B	
Level 3	1C	Level 3	2C	Level 3	3C	Level 3	4C	
9:30-10	9:30-10:00am		9:30-10:00am		9:30-10:00am		9:30-10:00am	
Parent&Tot*	1D	Parent&Tot*	2D	Parent&Tot*	3D	Parent&Tot*	4D	
Level 1	1E	Level 1	2E	Level 1	3E	Level 1	4E	
Level 2	1F	Level 2	2F	Level 2	3F	Level 2	4F	
10:15-10:45am		10:15-10:45am		10:15-10:45am		10:15-10:45am		
Level 1	1G	Level 1	2G	Level 1	3G	Level 1	4G	
Level 2	1H	Level 2	2H	Level 2	3H	Level 2	4H	
Level 3	1J	Level 3	2J	Level 3	3J	Level 3	4J	
11:00-11:30am		11:00-11:30am		11:00-11:30am		11:00-11:30am		
Level 1	1K	Level 1	2K	Level 1	3K	Level 1	4K	
Level 2	1L	Level 2	2L	Level 2	3L	Level 2	4L	
Level 3	1M	Level 3	2M	Level 3	3M	Level 3	4M	

Activity # 204100

Please see our
Level Guide on back
to help you decide
which level would be
best for your swimmer.

Group Lesson Level recomendations are based on swim skills. If your older student (6 & Up) is a beginner please enroll them in Level 2.

Parent/Tot* - EACH child participant in the Parent/Tot class must have an adult with them.

Most of our group lessons have a maximum of 5 participants per instructor, level 3 may have 6 students

Bill Heddles Recreation Center Private Swim Lessons SUMMER 2024 Registration begins Wed. May 1st

\$70 for 4x 30min lessons LIMIT 2 SECTIONS PER SWIMMER



Tuesd	lays	Wednes	sdays	Thursdays	
June 4-25		June 5-2	26	June 6-27	
Class Time	Section	Class Time	Section	Class Time	Section
9-9:30am	a1	9-9:30am	b1	9-9:30am	c1
9:30-10:00am	a2	9:30-10:00am	b2	9:30-10:00am	c2
10-10:30am	a3	10-10:30am	b3	10-10:30am	c3
11-11:30am	a4	11-11:30am	b4	11-11:30am	c4
11:30am-12pm	a5	11:30am-12pm	b5	11:30am-12pm	c5
12-12:30pm	a6	12-12:30pm	b6	12-12:30pm	с6

Tuesd	lays	Wednes	sdays	Thursdays		
July 9-30		July 10	0-31	July 11- Aug. 1		
Class Time	Section	Class Time	Section	Class Time	Section	
9-9:30am	d1	9-9:30am	e1	9-9:30am	f1	
9:30-10:00am	d2	9:30-10:00am	e2	9:30-10:00am	f2	
10-10:30am	d3	10-10:30am	e3	10-10:30am	f3	
11-11:30am	d4	11-11:30am	e4	11-11:30am	f4	
11:30am-12pm	d5	11:30am-12pm	e5	11:30am-12pm	f5	
12-12:30pm	d6	12-12:30pm	e6	12-12:30pm	f6	

Activity # 204101

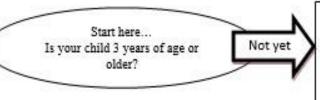
Private Swim Lessons \$70 4 lessons, one-on-one for 30 minutes/lesson

Please contact the Aquatics Coordinator to register two swimmers for the same private lesson. Semi-private lesson swimmers MUST be have very similar swim ability, and be close in age.

Semi-Private lessons \$35/student 4 lessons, two-on-one for 30 minutes/lesson

More lessons may be available, please contact the aquatics office to be placed on the waiting list.

▶ Which learn-to-swim level would be best for my swimmer?



Parent/Tot Swimming (Ages 6mo-3years)

Parent/ tot is designed to familiarize children, 6 months to 3 years of age, with water while teaching swimming readiness skills. We offer informational classes that will provide knowledge about skill techniques and safety, that can be used to orient children to the world of swimming. See the aquatics programs flyer for available classes.

Can your child float on their stomach (face in) and their back, without assistance? Can they freely move around in and under the water?





Can your child swim front crawl and elementary backstroke for at least three body lengths?



Not yet



Can your child swim front crawl and elementary backstroke at least a half-length of the pool? Do they know the basics of back crawl? Can they tread water for one minute or more? Are they comfortable in deep water?



Level 1: Beginner (Ages 3 - 5) This class introduces basic aquatics skills and emphasizes safe practices in and around water. This level will focus on

- Floating on front and back with and without support
- Going under water and breath control

the following skills:

Gliding, basic arm strokes and kicking

Assessment of completion of this level will include being able to front glide from the wall for three body lengths, roll onto back and float, then recover to a vertical position.

Level 2: Advanced Beginner (Ages 4 - 8)

This level will focus on gaining the fundamentals of swimming. Students will practice the following skills:

- Front and back glides with kicks in chest deep water
- · Front crawl stroke and Elementary backstroke
- Rhythmic breathing to the front and/or side

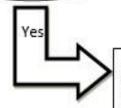
Assessment of completion of this level will include front crawl with breathing to the front or side, changing direction while swimming and being able to roll over independently from front to back. Will also include, swimming elementary backstroke for three body lengths.

Level 3: Intermediate Swimmer (Ages 6-12)

This level will increase the proficiency of previously learned skills including the following:

- Front crawl stroke (15-25 yards)
- Elementary backstroke (15-25 yards)
- Treading water & head first entries (diving)
- Back crawl stroke

Assessment of completion of this level with include treading water for a minute and being able to swim both Front Crawl (breathing to the side) and Elementary Backstroke for 15-25 vards.



Congratulations, your swimmer has advanced beyond gur learn-to-swim levels. Please look into our local swim team the Delta Barracudas or think about enrolling them in our After-School Swim Camps in the Fall.