



Registration
opens May 1st!

\$35 per session

2019 SWIM LESSONS

2 week sessions
Monday-Thursday

SESSION 1- JUNE 17TH-27TH, REGISTER BY JUNE 11TH

SESSION 2- JULY 8TH- 16TH, REGISTER BY JULY 2ND

SESSION 3- JULY 29TH-AUGUST 8TH, REGISTER BY JULY 23RD

Class times (except Water Babies): 10:15am, 10:45am, 6:15pm, 6:45pm at Liberty Pool

Water Babies: Adjusting to water, blowing bubbles, moving arms and kicking feet with parental help. Parents are required to get in the water with the child. Class times 10:15am, 10:45am, 6:15pm, 6:45pm, 7:15pm. Suggested ages: 6 months-2 yrs

Preschool Swim: Swimmers will get used to being in water and floating with assistance, going under water to retrieve objects, and bubble blowing (controlled breathing). Begin learning arm and leg actions with assistance. Parents are required to get in the water with the child. Suggested ages: 3-5 yrs.

Level 1: Entering and exiting the water safely, learning to submerge mouth, nose and eyes and breath control, front and back float with assistance, moving through water comfortably, kicking on front/back with assistance, introducing alternating arm action. Suggested ages: 4-6 years.

Level 2: Entering water by stepping or jumping in from the side, submerging entire head, blowing bubbles, open eyes underwater, front and back glide with no assistance, recovering from front and back floats and glides, flutter kick on front/back, back crawl arm action, combined arm and leg action. Suggested ages: 5-7 years.

Level 3: Jump into deep water, head first entry from sitting or kneeling, submerging and retrieving an object with eyes open and no support, coordinate arm stroke for crawl with breathing to side, coordinate back crawl, elementary back stroke, reverse swimming on front/back, tread water. Suggested ages: 6-10 years.

Level 4: Deep water bobbing, rotary breathing, stride dive from side of pool from standing position, elementary backstroke, front/back crawl, basics of breast stroke, turning at the wall, treading water with modified scissors or rotary kicks. Suggested ages: 8-10 years.

Level 5: Alternate breathing, stride jump entry, beginning diving progression, long shallow dive, breaststroke, sidestroke, underwater swimming, elementary backstroke, butterfly dolphin kick, front/back crawl, feet first surface dive, tread water for 2 minutes. Suggested ages: 9-11 years.

**PRIVATE AND ADULT LESSONS AVAILABLE. CALL THE PARK OFFICE OR EMAIL
CSCOTT@SEDALIAPARKS.COM FOR MORE INFORMATION.**