

Group Lessons: Cost is \$35.00 per child for the two weeks session, due upon registration.

Session 1: June 10th-20th (21st make-up day) 9:30-12:05*30min. per class
9:30-10:00, 10:15-10:45, 11:00-11:30 or 11:35-12:05 You may choose your class time at sign-up, pending availability.

Session 2: July 15th-25th (26th make-up day) 8:00-8:30pm

Sign-ups: Sat., May 4th 10-12:00 at the Dallas Center Library and
Sat. May 18th 10-12:00 at the Grimes Library

Sign-ups for all group lessons will also be held June 3rd-7th from 9am-12 and 8-9pm at the pool!

Level 1 - Water Exploration This course is designed to be a beginning level course. Participants will learn elementary skills including bubble blowing, under water exploration, introduction to front crawl, backstroke, back float, and front float with support, kicking and alternate arm strokes, bobbing entering and exiting the water, and age-appropriate safety topics. **Class Size: 6 kids one teacher**

Level 2 - Primary Skills Must be able to swim on stomach independently for at least five seconds. Skills worked on: front crawl, breast stroke, leg and arm movement in unison, independence on back float. **Class Size: 6 kids with one teacher**

Level 3 - Stroke Development This course will teach the combined skill of front arm motion and rotary breathing, diving from the side of the pool, front crawl and elementary backstroke, treading water, and age-appropriate safety skills. **Class Size: 7 kids with one teacher**

Level 4-Stroke Improvement Class Size: 7 kids with one teacher

New skills introduced will be back crawl, butterfly, breaststroke, sidestroke, survival swimming, and age-appropriate safety topics. Participants increase their endurance by swimming greater distances during this course.

Level 5/6 - Stroke Refinement The objective for this level is to coordinate and refine key strokes. Participants will polish strokes so they can use them with ease, efficiency, and power over greater distances. Endurance will be practiced daily. **Class Size: 8 kids:1**