

WDCPRD SWIM SAFETY LESSONS 2022 – LOWDEN PARK POOL

SESSION I (STARTS JUNE 20TH, 2022) AND SESSION III (STARTS JULY 18TH, 2022)

11:30 A.M. – 12:00 P.M.

GUPPIES (PARENT/TOT) CLASS – Four 30-minute lessons (Monday-Thursday) Parent & Child in water

PRIVATE 1 AND PRIVATE 2 – Four 30-minute lessons (Monday-Thursday)

(06/20 – 06/23 and 06/27 – 06/30), (07/18 – 07/21 and 07/25 – 07/28)

12:00 P.M. – 12:30 p.m. GROUP CLASSES (Eight 30-minute lessons, Monday-Thursday x 2)

GOLDFISH (3-5 years old) CLASS

FLYING FISH (3-5 years old) CLASS

4:30 – 5:00 PM

GUPPIES (PARENT/TOT) CLASS – Four 30-minute lessons (Monday-Thursday) Parent & Child in water

PRIVATE 1, PRIVATE 2, PRIVATE 3, PRIVATE 4 - Four 30-minute lessons (Monday-Thursday)

(06/20 – 06/23 and 06/27 – 06/30), (07/18 – 07/21 and 07/25 – 07/28)

5:00 P.M. – 5:30 P.M. – GROUP CLASSES (Eight 30-minute lessons, Monday-Thursday x 2)

FLYING FISH (3-5 years old) CLASS

SALMON (6+) CLASS

SESSION II (STARTS JULY 5TH, 2022) AND SESSION IV (STARTS AUGUST 1ST, 2022)

11:30 A.M. – 12:00 P.M.

GUPPIES (PARENT/TOT) CLASS – Four 30-minute lessons (Monday-Thursday) Parent & Child in water

PRIVATE 1 AND PRIVATE 2 – Four 30-minute lessons (Monday-Thursday)

(07/05 – 07/08 and 07/11 – 07/14), (08/01 – 08/04 and 08/08 – 08/11)

12:00 P.M. – 12:30 p.m. GROUP CLASSES (Eight 30-minute lessons, Monday-Thursday x 2)

FLYING FISH (3-5 years old) CLASS

SALMON (6+) CLASS

4:30 – 5:00 PM

GUPPIES (PARENT/TOT) CLASS – Four 30-minute lessons (Monday-Thursday) Parent & Child in water

PRIVATE 1, PRIVATE 2, PRIVATE 3, PRIVATE 4 - Four 30-minute lessons (Monday-Thursday)

(07/05 – 07/08 and 07/11 – 07/14), (08/01 – 08/04 and 08/08 – 08/11)

5:00 P.M. – 5:30 P.M. – GROUP CLASSES (Eight 30-minute lessons, Monday-Thursday x 2)

GOLDFISH (3-5 years old) CLASS

FLYING FISH (3-5 years old) CLASS

GUPPIES (PARENT/TOT) - \$35.00 GROUP LESSONS - \$60.00 PRIVATE LESSONS - \$70.00

TIMES AND DATES SUBJECT TO CHANGE, AS NECESSARY.

SWIMMERS MAY BE PLACED IN ANOTHER GROUP AS NECESSARY TO MEET REGISTRATION LEVELS OR PLACED ON WAITING LIST.

MINIMUM OF THREE (3) STUDENTS REQUIRED FOR A SWIM CLASS TO BE HELD. IF THERE ARE NOT ENOUGH SIGNED UP FOR A GROUP LESSON YOU MAY BE PLACED IN ANOTHER GROUP OR BE PLACED ON A WAITING LIST UNTIL THE NEXT SESSION DATE WHEN THERE ARE MORE PARTICIPANTS.

LOWDEN PARK POOL SWIM LESSON LEVELS

Guppies (ARC: Parent and Child level 1 & 2)

Ages: 6 months - 2 1/2 years

Prerequisites: Able to hold up head and accompanied by an adult in the water.

Goals: Teach parents how to safely work with children in, on, and around the water. Focus on exploration.

Goldfish (ARC: Preschool Level 1)

Ages: 3 - 5 years

Prerequisites: Able to be in the water without a parent.

Goals: Safely enter and exit water, floats, glides, and submerging with support. Build confidence for being in the water.

Flying Fish (ARC: Preschool Levels 2 & 3)

Ages: 3 - 5 years

Prerequisites: Willing to submerge face & attempts floating.

Goals: Developing independent floating, glides, & submersions. Swim for 5 body lengths on front & back with no assistance.

Trout (ARC: Learn to Swim Levels 1 & 2)

Ages: 6 years and up

Prerequisites: Able to be in the water without a parent.

Goals: Build confidence for being in, on, and around water. Develop breath control, floats, glides, and arm & leg actions without support. Swim for 5 body lengths on front and back with no assistance.

Salmon (ARC: Learn to Swim Levels 3 & 4)

Ages: 6 years and up

Prerequisites: Passed Flying Fish and/or Trout, able to swim on front for 5 body lengths

Goals: Improve front crawl, improve back crawl & elementary back and develop breaststroke, butterfly & sidestroke.

Barracuda (ARC: Learn to Swim Levels 5 & 6)

Ages: 6 years and up

Prerequisites: Passed Salmon, able to swim front crawl (25 yards), elementary back (25 yards), breast (15 yards), back crawl (15 yards) & butterfly (15 yards).

Goals: Stroke refinement & proficiency, including fitness swimming & personal water safety (preparation for lifeguard training). Swim front crawl (100 yards), elementary back (100 yards), back crawl (50 yards) breaststroke (50 yards), sidestroke (50 yards) and butterfly (50 yards).

CONTACT: VERONICA 530-623-5925 wdcprdooffice@gmail.com

- Group Water SAFETY Lessons are available for \$60 / 2-week session, consisting of eight (8) thirty (30) minute lessons – Mon. - Thurs for 2 weeks
- Parent/Tot Water SAFETY Lessons are available for \$35 / 1-week session, consisting of four (4) thirty (30) minute lessons – Mon. - Thurs for 1 week
- Water SAFETY Private Lessons are available for \$70 / 1-week session, consisting of four (4) thirty (30) minute lessons – Mon. - Thurs. for 1 week
- Ask about FREE swim lessons for 5 & under, sponsored by Trinity First 5
- Ask about swim lesson sponsorships for 6-17 year old, sponsored by Trinity River Community Partners