



# SWIM LESSONS 2018

<b>Session 1</b>	<b>Fairgrounds</b>	<b>July 9th - 27th</b>
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Monday	Tuesday	Wednesday	Thursday	Friday
10:45-11:30	10:45-11:30	10:45-11:30	10:45-11:30	10:45-11:30

<b>Session 2</b>	<b>North Elementary</b>	<b>July 16th - Aug 3rd</b>
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Monday	Tuesday	Wednesday	Thursday	Friday
10:45-11:30	10:45-11:30	10:45-11:30	10:45-11:30	10:45-11:30

<p><b>Level 1: Water Exploration</b></p> <ul style="list-style-type: none"> <li>• Fully submerge face in water</li> <li>• Front and back float with support</li> <li>• Kicking on front and back with support</li> <li>• Enter and exit water independently</li> </ul>	<p><b>Level 2: Primary Skills</b></p> <ul style="list-style-type: none"> <li>• Float on front and back unsupported</li> <li>• Swim on front 5 yards w/o assistance</li> <li>• Swim on back 5 yards w/o assistance</li> <li>• Retrieve objects under water chest deep</li> </ul>
<p><b>Level 3: Stroke Readiness (Mid-pool)</b></p> <ul style="list-style-type: none"> <li>• Swim the front crawl for 10 yards</li> <li>• Swim the back crawl for 10 yards</li> <li>• Jump into deep water</li> <li>• Bobs in water over child's head</li> </ul>	<p><b>Level 4: Stroke Development</b></p> <ul style="list-style-type: none"> <li>• Deep water bobs</li> <li>• Standing dive from side of pool</li> <li>• Elementary backstroke for 10 yards</li> <li>• Front &amp; back crawl 25 yards</li> </ul>
<p><b>Level 5: Stroke Refinement</b></p> <ul style="list-style-type: none"> <li>• Front and back crawl for 50 yards</li> <li>• Breaststroke &amp; sidestroke for 10 yards</li> <li>• Elementary backstroke for 25 yards</li> </ul>	<p><b>Level 6: Skill Proficiency</b></p> <ul style="list-style-type: none"> <li>• Front &amp; back crawl 100 yards</li> <li>• Breaststroke &amp; sidestroke 25 yards</li> <li>• Swim the butterfly 10 yards</li> <li>• Flip turn</li> </ul>

**Registration fees:**  
**City Resident - \$15.00**  
**Non City Resident - \$30.00**

**Registration begins June 13th**



**Register online:**  
[www.watertown-ny.gov/rec](http://www.watertown-ny.gov/rec)

*If you need assistance please call:*  
 315-785-7775