



SWIM LESSONS 2018

Session 1	Fairgrounds	July 9th - 27th
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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

Session 2	North Elementary	July 16th - Aug 3rd
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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>Level 1: Water Exploration</p> <ul style="list-style-type: none"> • Fully submerge face in water • Front and back float with support • Kicking on front and back with support • Enter and exit water independently 	<p>Level 2: Primary Skills</p> <ul style="list-style-type: none"> • Float on front and back unsupported • Swim on front 5 yards w/o assistance • Swim on back 5 yards w/o assistance • Retrieve objects under water chest deep
<p>Level 3: Stroke Readiness (Mid-pool)</p> <ul style="list-style-type: none"> • Swim the front crawl for 10 yards • Swim the back crawl for 10 yards • Jump into deep water • Bobs in water over child's head 	<p>Level 4: Stroke Development</p> <ul style="list-style-type: none"> • Deep water bobs • Standing dive from side of pool • Elementary backstroke for 10 yards • Front & back crawl 25 yards
<p>Level 5: Stroke Refinement</p> <ul style="list-style-type: none"> • Front and back crawl for 50 yards • Breaststroke & sidestroke for 10 yards • Elementary backstroke for 25 yards 	<p>Level 6: Skill Proficiency</p> <ul style="list-style-type: none"> • Front & back crawl 100 yards • Breaststroke & sidestroke 25 yards • Swim the butterfly 10 yards • Flip turn

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

Registration begins June 13th



Register online:
www.watertown-ny.gov/rec

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