



# SWIM LESSONS 2019

<b>Session 1</b>	<b>Fairgrounds</b>	<b>July 8th - 19th</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 22nd - Aug 2nd</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

**Swimmers will learn the following skills within each level**

<b>Level 1: Beginner</b> <ul style="list-style-type: none"><li>• 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>	<b>Level 2: Primary</b> <ul style="list-style-type: none"><li>• Float on front and back unsupported</li><li>• Swim on front without assistance</li><li>• Swim on back without assistance</li><li>• Retrieve objects under water chest deep</li></ul>
<b>Level 3: Intermediate</b> <ul style="list-style-type: none"><li>• Swim the front crawl</li><li>• Swim the back crawl</li><li>• Jump into deep water</li><li>• Bob in water over child's head</li></ul>	<b>Level 4: Advanced</b> <ul style="list-style-type: none"><li>• Deep water bobs</li><li>• Elementary backstroke</li><li>• Flip turn</li><li>• Breaststroke &amp; Sidestroke</li></ul>

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



**Registration begins June 12th**

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

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