

# Pemi-Baker Community Health

## Group Swim Lessons 2020



Days and times offered, classes meet once a week

Child Ability Level	Mon	Tues	Wed	Thur	Fri	Sat
Parent Child L1 (Waterbabies)						9:35-10:05am
Parent Child Level 2 (Toddlers)	12:30-1:00pm					10:10-10:40am
Independent Preschooler	12:00-12:30pm		4:00-4:30pm		3:30-4:00pm	
Level 1: Water Acclimation	3:30-4:00pm		3:30-4:00pm		4:00-4:30pm	9:00-9:30am
Level 2: Primary Skills	4:00-4:30pm	3:30-4:00pm		3:30-4:00pm		10:45-11:15am
Level 3: Stroke Readiness		4:05-4:35pm		4:05 AND 4:40pm		
Level 4: Stroke Development		4:40 AND 5:15pm		5:15-5:45pm		

*\*\*Levels are subject to change due to demands. Dates are also subject to change should we need to close for pool maintenance. There are no make-up lessons unless Pemi-Baker Community Health has to cancel.\*\**

- Session 1:** Week starting January 6th-February 15th (6 weeks) \$96
- Session 2:** Week starting March 2nd-April 18th (7 weeks) \$112 (Mon PM. skip 3/2, \$96)
- Session 3:** Week starting May 4th-June 20th (7 weeks) \$112 (Mon. & Sat. 6 weeks \$96, skip 5/23 & 5/25)
- Session 4:** Week starting July 6th-August 22nd (6 weeks) \$96 (Skip week: TBD)
- Session 5:** Week starting Sept 14th-October 24th (6 weeks) \$96 (Mon. & Sat. 5 weeks \$80, skip 10/10 & 10/12)
- Session 6:** Week starting Nov 9th-December 19th (5 weeks) \$80 (skip week of 11/23-11/28)

Please contact Liz at [egibbs@pbhha.org](mailto:egibbs@pbhha.org) / 536-2232 to register

## Class Level Descriptions

**Parent and Child (Level 1-Waterbabies):** In this class parent and child interact in the water together. This class is designed to acclimate tots to water and teach parents water safety awareness, ages 6 months to 2 years. Swim diapers required.

**Parent and Child (Level 2– Toddlers):** Parent and child interact in the water together. In this class water games introduce swimming skills including: kicks, pulls, glides, breath control, and sitting dives. Water safety is strongly stressed. Our main goal is to get the child independent from the parent by swimming with only a swim bubble and noodle. Usually ages 2 through 5. Swim diapers needed for any child not yet potty trained.

**Independent Preschooler:** This class is specifically for the 3 to 4 year old who can independently swim with a flotation device without a parent in the water. For most children in this class it is their first experience with a teacher and a group setting. Skills focus on kicking, pulling, gliding, breath control, jumping, floating, safety and listening skills. This is a great feeder class to level 1 if you have not taken a parent and child class.

**Level 1–Water Acclimation:** In this class, children are able to swim with a swim bubble without a parent. Class will focus on: putting faces in the water, blowing bubbles, floating, gliding, supported kicking (using barbells or kickboards), alternating and simultaneous arm actions, combining arms and legs on front and back, turning over, jumping and safety skills. Usually ages 4 and up.

**Level 2–Primary skills:** In this class, children are able to swim without a flotation device. They are very comfortable with putting their faces in the water and blowing bubbles. Class will focus on: flutter kick, finding body balance (horizontal position in water), rhythmic breathing (bobbing), front and back floats and glides, jumping and sitting dives, front crawl introduction, finning and skulling on back, back crawl introduction, side swimming introduction, and safety skills.

**Level 3–Stroke Readiness:** In this class, the child is able to swim on their front and back for 15 feet without stopping. The child is very comfortable putting his/her face in the water and can rhythmic breathe 10 times consistently. Class will focus on: the front crawl with rhythmic breathing to the side, the back crawl, kneeling dives, treading water, survival float, introduction to butterfly, and safety skills.

**Level 4–Stroke Development:** In this class, the child is able to swim the length of the pool with both front crawl (with rhythmic breathing) and back crawl. Class will focus on: endurance and technique for front crawl and back crawl, introducing elementary backstroke, breaststroke, sidestroke kicks, butterfly coordination and endurance, treading water, surface dives, survival skills, open turns and safety skills.

### Family Open Swim

Saturdays from 11:15am-11:45 when swim lessons are in session. Must arrive by 11:20 for this program.

You do not need to be a member or enrolled in our swim lesson program. This is open to everyone!

Children must be accompanied by an adult if they are not swimming independently without flotation.

This is NOT a drop-off program.

COST: \$5/person

*\*\*Space is limited, registration is required the morning of to sign up\*\**

*\*\*Not offered on the swim lesson skip weeks\*\**

*\*\*Family Open Swim times are subject to change due to Holidays or Specialty Classes\*\**