

# SWIMMING LESSON SCHEDULE -SUMMER 2011

Programs	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>Pre-School Lessons - 40 Minutes</b>							
(0 – 3 yrs) (With a Parent – Small Pool) Splashers - Bobbers	12:00p – 12:40p 12:45p - 1:25p 2:15p – 2:55p	5:00p – 5:40p 6:30 – 7:10p	10:00a – 10:40a	12:00p – 12:40p 5:00p – 5:40p 6:30 – 7:10p			10:00a – 10:40a 10:45a – 11:25a 1:00p – 1:40p
(3 – 5 yrs) (With a Parent – Big Pools) Floaters – Divers	12:45 – 1:25 2:15p – 2:55p 3:00p – 3:40p	5:45p – 6:25p		5:45p – 6:25p	10:00a – 10:40a	1:30p – 2:10p	11:30p – 12:10p 2:30p – 3:10p 3:15p – 3:55p
(5 years – only) (Without a Parent – Big Pool) Surfer – Dipper	1:30p – 2:10p	5:00p – 5:40p		5:00p – 5:40p			12:15p – 12:55p 1:45 – 2:25 3:15 – 3:55
<b>Learn to Swim Lessons - 40 Minutes</b>							
(6-12years) Otter Seal Dolphin	12:00p – 12:40p 12:45p – 1:25p 1:30p – 2:10p 2:15p – 2:55p	5:00p – 5:40p 5:45p – 6:25p 6:30p – 7:10P		5:00P – 5:40p 5:45p – 6:25p 6:30p – 7:10p			10:00a – 10:40a 10:45a – 11:25a 11:30a – 12:10p 1:00p – 1:40p 1:45p – 2:25p 2:30p – 3:10p
(6-12years) Swimmer Star 1 Star 2 Star 3	12:00 – 12:40p 1:30 – 2:10p 3:00 – 3:40	5:45p – 6:25p 6:30p – 7:10P		5:45p – 6:25p 6:30p – 7:10P			10:00a – 10:40a 10:45a – 11:25a 11:30a – 12:10p 1:00p – 1:40p 2:30p – 3:10p 3:15p – 3:55p
(6-12 years) Star 4 Star 5 Star 6 Master Swimmer	12:45p – 1:25p 2:15 – 2:55p	5:00 – 5:40p		5:00 – 5:40p			12:15p – 12:55p 3:15p – 3:55p
Bronze Star (Minimum of 12 yrs)							
<b>Swimming Lesson Policies</b>							
1. Parents DO NOT have to notify instructors if they are going to miss one lesson							
2. If a child <u>misses 3 lessons in a row</u> for any reason, they will be removed from the lesson							
3. If a membership is on hold, the child will be removed from the lessons							
4. There will be NO swimming lessons on all Statutory Holidays, Christmas Break, March Break and during Annual Pool Maintenance							
5. Evaluations are done approximately every 6 weeks							
6. Children can only be on a maximum of 2 waitlists at a time and only for the level they are in							
7. Bathing Caps are <u>REQUIRED</u> for both parents and children							
8. Little Swimmers disposable swim pants <u>MUST</u> be worn for all children who need to wear diapers							

### Level Descriptions:

<p><b>(0-3 yrs: With a Parent/Children's Pool)</b></p> <ul style="list-style-type: none"> <li>- Splashers: Splashes with hands/feet (0-18 months with adult)</li> <li>- Bubbler: Front/Back float assisted (ages 19 months – 3 years)</li> <li>- Bobbers: Bobs assisted</li> </ul> <p><b>(3 -5 yrs: With Parent/Lap Pool)</b></p> <ul style="list-style-type: none"> <li>- Floaters: Front / Back floats</li> <li>- Gliders: Front / Side / Back Glides</li> <li>- Divers: Jumps into deep water</li> </ul> <p><b>(5 years only: Without a Parent/Lap Pool)</b></p> <ul style="list-style-type: none"> <li>- Surfers: Front / Back swim</li> <li>- Dippers: Surface support 45 seconds</li> </ul>	<p><b>(6 – 12 years)</b></p> <ul style="list-style-type: none"> <li>- Otter: Front and back floats, Swim 5m</li> <li>- Seal: Deep water skills, Swim 10m</li> <li>- Dolphin: Tread water, Swim on front or back</li> <li>- Swimmer: Swim 50m, Front crawl - 25m</li> <li>- Star 1: Tread water 90 sec, Endurance swim</li> <li>- Star 2: Deep dive, Elementary backstroke</li> <li>- Star 3: Feet first sculling, Breaststroke</li> </ul> <p><b>(6-12 years)</b></p> <ul style="list-style-type: none"> <li>- Star 4: Endurance swim, Front crawl turn</li> <li>- Star 5: Eggbeater kick 2 min., Sidestroke</li> <li>- Star 6: Water polo skills, Butterfly - 25m</li> <li>- Master Swimmer: 3x- 600 m workouts, 6 hours as a Volunteer Assistant Swim Instructor</li> </ul>
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