

2019 SWIM LESSONS

SESSION I: JUNE 10 – JUNE 21

SESSION II: JULY 1 – JULY 12 *(no class on July 4th)*

SESSION III: JULY 22 – AUGUST 2

SESSIONS INCLUDE EIGHT CLASSES - EACH CLASS IS 45 MINUTES

EACH SESSION IS TWO WEEKS IN LENGTH.

*SESSIONS WILL OCCUR MONDAY-THURSDAY OF EACH WEEK—TOTALING EIGHT CLASSES.
MAKE UP DAYS WILL BE ON FRIDAYS OR DURING A TIME DEEMED BY THE INSTRUCTOR.*

Registration Begins: April 1st, 2019 at 9 a.m. at the Aquatics Office

Address: 1104 Parkside, Pasadena, Texas 77502 Phone: 713.948.0322

Registration will be available:

M/W/F 7am - 5pm and Tu/Th 8am - 7pm

Swim Lesson Fees:

Resident\$40.00

Non-Resident\$50.00

Must Show Valid ID To Prove Residency

PARENT AND CHILD

Ages: 6 months–3 years old (must be accompanied by a parent)

LEVEL 1: Introduces Basic Skills - Practice blowing bubbles, explore submerging to the mouth, nose, eyes and completely, change body position in the water

LEVEL 2: Provide Experiences - Learn more ways to enter and exit the water, explore submerging in a rhythmic pattern, glide on front and back with assistance

PRESCHOOL

Ages: Approximately 4-5 years old

PRESCHOOL LEVEL 1: Designed to Orient - Gain basic water skill, learn to be safe around water

PRESCHOOL LEVEL 2: Begin To Perform Skills - Gaining propulsive skills on both front and back, beginning of independent aquatic locomotion skills

PRESCHOOL LEVEL 3: Building Skills - Perform aquatic skills with greater proficiency, for longer distances and times

LEARN TO SWIM

Ages: Approximately 6-12 years old

LEARN TO SWIM LEVEL 1: Designed to Orient– gain basic water skills, learn to be safe around water

LEARN TO SWIM LEVEL 2: Begin to Perform Skills– gaining propulsive skills on both front and back, beginning of independent aquatic locomotion skills

LEARN TO SWIM LEVEL 3: Building Skills– learn to swim front crawl and elementary backstroke introduced to scissors and dolphin kicks, learn survival float

LEARN TO SWIM LEVEL 4: Improve Proficiency–perform skills for longer distances, learn arm actions that accompany scissor kick and breaststroke kick, learn back crawl

LEARN TO SWIM LEVEL 5: Refine Skills–all six strokes (front crawl, back crawl, butterfly, breaststroke, elementary backstroke and side stroke)

ADULT SWIM

Ages: Teens & Adults

LEARNING THE BASICS (LTB): Gain Basic Aquatic Skills– front crawl, breaststroke and elementary backstroke

IMPROVING SKILLS AND SWIMMING STROKES(IS&SS): Improve Proficiency– basic skills such as rotary breathing,

The last day to register for a session will be the Friday before the session begins.

Refunds will be given according to departmental policy.