



## **KATHY DOWLING AQUATIC CENTER**

# **SWIM LESSONS**

### **SESSION**

### **WEEK ONE**

### **WEEK TWO**

Session One

June 3rd, 4th & 5th

June 10th, 11th & 12th

Session Two

June 17th, 18th & 19th

June 24th, 25th & 26th

Session Three

July 8th, 9th & 10th

July 15th, 16th & 17th

### **LEVEL DEFINITIONS**

#### **PARENT & TOT**

Skills learned will involve surface swim and safety. Focus on the importance of making children safer in and around the water through parent education and instruction. Students must have a re-usable swim diaper and toddlers ages 24 months and older should have an approved flotation device. 9-36 months.

#### **SWIM 100 BEGINNER**

Skills learned will involve surface swim front and back. Your child will learn skill progressions for the following: First-time Submersion, Breath Holding, Breath Control, Front Kicking, Back Kicking, In-line Kicking, Paddle Stroke, Underwater Swimming using a "Pop-up" Breath, Underwater Swimming using a "Roll-over" Breath.  
Prerequisite: None

#### **SWIM 200 INTERMEDIATE**

Your child will learn how to swim the formal strokes of freestyle with side breathing and backstroke. Learn by Kicking with the Kickboard, Back Kicking, Streamline Kicking, Backstroke, and Freestyle.  
Prerequisites: comfortably swim 15 feet without the aid of a flotation device, face in the water, and breathing as needed.



**GREENFIELD**  
PARKS &  
RECREATION

**KATHY DOWLING AQUATIC CENTER**  
**SWIM LESSONS**

**AGE BREAKDOWN**

	9 to 36 months	3 to 4 years old	5 to 6 years old	7 plus years old	10 plus years old
<b>PARENT &amp; TOT</b>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<b>SWIM 100 BEGINNER</b>	<input type="checkbox"/>	101	102	103	104
<b>SWIM 200 INTERMEDIATE</b>	<input type="checkbox"/>	201	202	203	204
<b>SWIM 300 ADVANCED</b>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	303	304