



NVSwim Kids

Sign Up Now!

| | | |
|------------------|---|-----------------------------------|
| SESSION 1 | June 25 th - July 6 th | Weekdays (Mon. - Thurs.)* |
| SESSION 2 | July 9 th - July 19 th | Weekdays (Mon. - Thurs.) |
| SESSION 3 | July 23 rd - August 2 nd | Weekdays (Mon. - Thurs.) |
| SESSION 4 | August 6 th - August 9 th | Weekdays (Mon. - Thurs.) 1 week** |

*Session 1 will not have class Wednesday, July 4th. A make-up class will be held Friday, July 6th.

**Session 4 will be a limited scope based on interest.

Registration & Screening

- ◆ You may register and be screened for any session at any time.
- ◆ Screening is only necessary for the first session enrolled in.
- ◆ Registration sheets are provided at the front desk.

Cost & Payment

- ◆ Please inquire at the fronts desk for cost of group and semi-private lessons.
- ◆ Payment should be received no later than the Friday before the session begins.
- ◆ No child will be allowed to participate without payment.

2018 Session Dates

| JUNE | | | | | | |
|------|----|----|----|----|----|----|
| SU | MO | TU | WE | TH | FR | SA |
| | | | | | 1 | 2 |
| 3 | 4 | 5 | 6 | 7 | 8 | 9 |
| 10 | 11 | 12 | 13 | 14 | 15 | 16 |
| 17 | 18 | 19 | 20 | 21 | 22 | 23 |
| 24 | 25 | 26 | 27 | 28 | 29 | 30 |

| JULY | | | | | | |
|------|----|----|----|----|----|----|
| SU | MO | TU | WE | TH | FR | SA |
| 1 | 2 | 3 | 4 | 5 | 6 | 7 |
| 8 | 9 | 10 | 11 | 12 | 13 | 14 |
| 15 | 16 | 17 | 18 | 19 | 20 | 21 |
| 22 | 23 | 24 | 25 | 26 | 27 | 28 |
| 29 | 30 | 31 | | | | |

| AUGUST | | | | | | |
|--------|----|----|----|----|----|----|
| SU | MO | TU | WE | TH | FR | SA |
| | | | 1 | 2 | 3 | 4 |
| 5 | 6 | 7 | 8 | 9 | 10 | 11 |
| 12 | 13 | 14 | 15 | 16 | 17 | 18 |
| 19 | 20 | 21 | 22 | 23 | 24 | 25 |
| 26 | 27 | 28 | 29 | 30 | 31 | |

Please Note

- ◆ A minimum of 4 students are needed in order for group lessons to occur.
- ◆ If less than 4 students register for a session, semi-private lessons will be offered at a higher rate.
- ◆ If there is limited interest in group lessons the Swim Lesson Coordinator may opt to cancel a session.

If you have any questions or problems pertaining to swim lessons, please contact the pool Manager or the Swim Lesson Coordinator.

Lesson Tips

- ◆ **Be enthusiastic!** Encourage participation, but don't force the issue. Let your child know that learning involves making mistakes and encourage them to take another try.
- ◆ **Have patience!** It's important not to pressure your child to preform before he or she is ready.
- ◆ **Avoid comparisons!** All children learn at different speeds depending on factors such as their physical growth and development, coordination, comfort, practice and previous experience.
- ◆ **Give praise!** Make sure that you recognize your child's accomplishments no matter how small.

We look forward to a rewarding experience
for your child and you!

| | SKILLS TAUGHT | GRADUATION |
|----------------|--|---|
| LEVEL 1 | <ul style="list-style-type: none">◆ Water adaptation & fear reduction◆ Placing face in the water◆ Blowing bubbles◆ Rhythmic bobbing | <ul style="list-style-type: none">◆ 5 seconds of submersion◆ 10 rhythmic bobs with breath exchange & bubbles |
| LEVEL 2 | <ul style="list-style-type: none">◆ Supported front float◆ Unsupported front float◆ Front float with glide◆ Front streamline with kick | <ul style="list-style-type: none">◆ 10 seconds front float◆ 10 yards front streamline & kick |
| LEVEL 3 | <ul style="list-style-type: none">◆ Supported back float◆ Unsupported back float◆ Back float with glide◆ Back streamline with kick◆ Sculling & finning | <ul style="list-style-type: none">◆ 10 seconds back float◆ 10 yards back streamline & kick |
| LEVEL 4 | <ul style="list-style-type: none">◆ Front crawl◆ Kicking on side◆ Freestyle arms with breathing◆ High elbow & correct body position◆ Full freestyle | <ul style="list-style-type: none">◆ 10 yards freestyle with breathing |
| LEVEL 5 | <ul style="list-style-type: none">◆ Backstroke arms with recovery & reach◆ Turning over from back to front◆ Elementary backstroke pull & kick◆ Sidestroke◆ Full backstroke | <ul style="list-style-type: none">◆ 10 yards elementary backstroke◆ 10 yards backstroke |
| LEVEL 6 | <ul style="list-style-type: none">◆ Breaststroke pull & breath◆ Breaststroke kick◆ Full backstroke◆ Treading water◆ NV Pools Swim Test | <ul style="list-style-type: none">◆ 10 yards breaststroke◆ NV Pools Swim Test |