



NVSwim Kids

Sign Up Now!

SESSION 1	June 24 th - July 5 th	Weekdays (Mon. - Thurs.)*
SESSION 2	July 8 th - July 18 st	Weekdays (Mon. - Thurs.)
SESSION 3	July 22 nd - August 1 st	Weekdays (Mon. - Thurs.)
SESSION 4	August 5 th - August 8 th	Weekdays (Mon. - Thurs.) 1 week**

*Session 1 will not have class Thursday, July 4th. A make-up class will be held Friday, July 5th.

**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 front 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.

2019 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