

Barre City Municipal Swimming Pool Learn-To-Swim



Levels: **LEVEL 1 / 2 Combo:** Child must have completed kindergarten and be a minimum of 3'6" (42 inches).

Purpose: Orientation to aquatic environment. Create a sound foundation for aquatic and safety skills. Expand on fundamental aquatic locomotion and safety skills.

Course Content Includes: Supported floating and kicking on front and back. Alternating arm action, water safety rules, how to get help in an emergency, reaching assists without equipment, and fundamentals of using a life jacket. Floating and kicking on front and back, rhythmic breathing, combined stroke on front and back, turning over front to back, back to front, reaching and extension assists, and other skills.

**** Youngsters will be divided into one of two groups on the first day of two of lessons. (Swim goggles helpful, not required)

Levels: **LEVEL 3 - Stroke Readiness / Stroke Development** (Swim goggles helpful, not required)

This class will begin in part 2 of the pool and merge to deep water as skills progress.

Purpose: Increase swimming skill competency. Practice safety and rescue skills.

Course Content Includes: Fundamentals of elementary backstroke, jumping into deep water with a life jacket, diving from side of pool, treading water, self-rescue skills, perfecting the crawl stroke, etc. **(This session usually takes more than one summer to complete)**

Session 1: July 15 - 19

Time Choices: 10:15 a.m. – 10:45 a.m.
 10:50 a.m.—11:20 a.m.

Fee: Barre City Residents: \$30.00
 Nonresidents: \$55.00

___ Admin: Checked off—Recorded ___ Cash ___ Check ___ Amt

2019 Barre City Buildings & Community Services Dept. Municipal Swimming Pool—Swim Lesson Registration

Child's Name: _____ Age: _____ Date of Birth: ___/___/___

Address: _____

Street City State

Telephone: _____ Cell: _____ Cell: _____ Other: _____

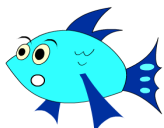
Email Address: **(Please Print):** _____

(Emails are helpful in the event of cancellations, program announcements, etc.)

Session # 1	10:15 a.m.—10:45 a.m.	10:50 a.m.—11:20 a.m.
July 9—13	____ Level 1 / 2 Combo	____ Level 1 / 2 Combo
	____ Level 3	____ Level 3

Lesson Fee:
Barre City Resident: \$30.00
Nonresident: \$55.00

Checks Payable To: City of Barre



Barre City Buildings & Community Services
 20 Auditorium Hill, Barre
 Vermont 05641 Telephone: 476-0257