



Barre City Municipal Swimming Pool

Red Cross Swim Lessons-Session # 1

Registration:

Wednesday July 5, 2023 11:00 a.m.— 1:00 p.m. Swimming Pool

LEVEL 1 / 2 Combo: Child must be 5 years of age or older

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, basics of 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 lessons according to their current skill level. This is designed for youngsters in Levels 1 & 2. (Swim goggles helpful, not required. **(Goggles that cover the nose are not permitted for swim lessons)**)

July 10 - 14 10:55a.m.—11:25 a.m / 11:30 a.m.—12:00 p.m.
(12 openings for each time slot Level 1/2 combo)

LEVEL 3 - Stroke Readiness / Stroke Development (Swim goggles helpful, not required.
Swim goggles that cover the nose are not permitted for swim lessons)

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 freestyle stroke.

July 10 - 14 10:55a.m.—11:25 a.m / 11:30 a.m.—12:00 p.m.
(6 openings for each time slot Level 1/2 combo)

Barre City Residents: \$30.00

Nonresidents: \$55.00

