

Swim Lesson Sign - Ups
Barre City Recreation Department

Alumni Hill - next to the Auditorium on the backside/ground level of the building

Fees: Barre City Residents \$30.00, Nonresidents \$55.00

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 according to their current skill level. This is designed for youngsters in **Levels 1 & 2.** (Swim goggles helpful, not required)

Session 1	July 10—14	4:45p.m. – 5:15 p.m. / 5:20 p.m. – 5:45 p.m.
Session 2	July 17 - 21	4:45p.m. – 5:15 p.m. / 5:20 p.m. – 5:45 p.m. / 5:50p.m. – 6:20p.m.
Session 3	July 24 – 28	10:55 a.m. – 11:25 a.m.
Session 4	July 31 – August 4	11:30 a.m. – 12:00 noon

Levels: LEVEL 3 / Level 4+: - Stroke Readiness / Stroke Development (Swim goggles helpful, not required)

Students will be divided into Level 3 / 4+ on the first day of class

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, and rescue breathing. **(This session usually takes more than one summer to complete)**

Stroke Development

Purpose: Develop confidence and competency in strokes and safety skills beyond preceding levels. Introduction of breaststroke and sidestroke.

Course Content Includes: Deep-water bobbing, dives from the side of pool from stride and standing positions, breaststroke and sidestroke, turns at the wall and other swimming skills.

Session 1	July 10—14	4:45p.m. – 5:15 p.m. / 5:20 p.m. – 5:45p.m.
Session 2	July 17 - 21	4:45p.m. – 5:15 p.m. / 5:20 p.m. – 5:45 p.m. / 5:50p.m. – 6:20p.m.
Session 3	July 24 – 28	10:55 a.m. – 11:25 a.m.
Session 4	July 31 – August 4	11:30 a.m. – 12:00 noon

Mommy & Me / Daddy & Me / Friend & Me

This is designed for an Adult Caregiver and child together in the water. The basics of feeling comfortable in the water as well as kicking, stroke mechanics, breathing, underwater fun, etc. will be covered.

Ages 6 months to 5 years

Session 1	July 10—14	5:50 p.m.—6:20 p.m.
Session 3	July 24 – 28	11:30 a.m. – 12:00 noon
Session 4	July 31 – August	10:55 a.m. – 11:25 a.m.