

# 2017 CRESTWOOD SWIM LESSONS

At Crestwood, we offer both morning and evening lessons to cater to your family's already busy schedule. Whether your children are just learning to enjoy the water safely or can already swim, we have a class for them. Feel free to invite your friends to bring their kids to swim lessons, even if they aren't current pool members!

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## **Morning Lessons:**

Four consecutive sessions which run for 2 weeks each, Monday through Thursday mornings\*\*

### Times:

A: 10:15 - 10:45am (Levels 1-3)

B: 11:00 - 11:30am (Levels 1-3)

### Sessions:

1: June 19 - June 30

2: July 10 - July 21

3: July 24 - August 4

4: August 7 - August 18

### Fee:

\$50 per child per session (non-members must add an additional \$10 per child)\*

Registration form and payment must be submitted at least 2 weeks prior to the start of lessons.

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## **Evening Lessons:**

Four consecutive sessions which run for 2 weeks each, on Tuesday and Thursday evenings\*\*

Evening lessons are conducted while the pool is open to the general membership and as a result, enrollment is limited

### Times:

C: 5:30 - 6:15pm (Levels 1-3)

D: 6:30 - 7:15pm (Levels 1-3)

### Sessions:

1: June 19 - June 30

2: July 10 - July 21

3: July 24 - August 4

4: August 7 - August 18

### Fee:

\$50 per child per session (non-members must add an additional \$10 per child)\*

Registration form and payment must be submitted at least 2 weeks prior to the start of lessons.

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**Level 1 - Intro to Water Skills:** Participants learn basic aquatic skills like blowing bubbles, safely entering and exiting the pool, supported floating on both front and back, and submersing head underwater. The goal is for participants to feel comfortable in the water and enjoy it safely.

**Level 2 - Fundamental Aquatic Skills:** Participants begin independent swimming on both front and back, underwater swimming, and learning how to float without support and tread water for short periods of time.

**Level 3 - Stroke Development:** Participants continue to develop both their front and back crawl skills while also learning elementary backstroke and sidestroke swimming and treading water for longer periods of time. Student will improve their stroke skills and increase their swimming endurance.

\*10% discount will apply if registering for all four sessions prior to the start of lessons.

\*\*Fridays will serve as a makeup day if necessary. In general, if the pool is open, lessons will be held as scheduled. If lessons must be cancelled, you will be notified on the Crestwood Swim & Dive Facebook page and/or through RAINED OUT by texting CrestwoodPAC to 84483 (regular text messaging rates will apply).

