

2022 CRESTWOOD SWIM LESSONS

Six sessions which run for 1 week each, **Monday through Thursday** mornings and **Tuesday and Thursday** evenings. Fridays will serve as a makeup day if necessary.

Registration closes the Wednesday before the session begins. Payment must be submitted at registration to confirm your child's space in a particular lesson. *Checks should be made payable to: Crestwood PAC.*

Sessions:

- 1: June 13 - June 16
- 2: June 20 - June 23
- 3: June 27 - June 30
- 4: July 11 - July 14
- 5: July 18 - July 21
- 6: July 25 - July 28

Times:

Mornings: Mon-Thurs 10:30 – 11:00 AM or 11:15 – 11:45 AM
Evenings: Tues & Thurs 6:00 – 6:50 PM

Fees:

\$35 per child, per session (with active pool membership for child)
\$40 per child, per session (without active pool membership for child)

Level 1 - Intro to Water Skills: Participants learn basic aquatic skills like putting face in water, blowing bubbles, safely entering and exiting the pool, supported floating on both front and back, and pool safety. 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, submerging underwater, learning how to float without support and tread water for short periods of time.

Level 3 - Advanced Aquatic Skills: Participants will develop both their front and back crawl skills, learn elementary backstroke and sidestroke swimming and treading water for longer periods of time.

Level 4 - Stroke Development: Participants will learn the four competitive strokes in swimming through drills focussed on proper stroke technique and body position in the water.

Please Note:

1. Classes will be filled on a first come, first serve basis.
2. Additional classes may be offered if enough interest, so please place your name on the waitlist if full.
3. No refunds will be given for missed sessions.
4. We reserve the right to cancel a class if there is not enough participation.
5. If lessons must be canceled, you will be notified through email and on the Crestwood Swim & Dive Facebook page. Please check these often, especially if rain is in the forecast.
6. Questions should be emailed to crestwoodpac@gmail.com
7. Sign up for lessons in the Pool Office or mail registration and payment to: Emily Noel, 4506 Delmar Dr. Reading, PA 19606

