



Mt. Lookout – Swim Lessons 2021

In partnership with SwimSafe Pool Management Co.

Online Registration Required.

Use your mobile phone, tablet or computer to register at MtLookout.CourseStorm.com.

Or Scan
This QR
Code



Due to capacity constraints, **registration is limited to one class per child for the summer.**

Lesson Schedule

Session	Dates	Day(s)	Time	Levels
1	6/14-24	MTWR	10-10:30 am	1,2,3
			10:30-11 am	1,2,3
2	6/28-7/8	MTWR	10-10:30 am	1,2,3
			10:30-11 am	1,2,3
3	7/12-22	MTWR	10-10:30 am	1,2,3
			10:30-11 am	1,2,3

Evening Lessons*

1	6/14-30	Mon & Wed Evenings	6-6:30 pm	1,2
			6:30-7 pm	1,2
2	7/5-21	Mon & Wed Evenings	6-6:30 pm	1,2
			6:30-7 pm	1,2

Registration closes 5 days before classes begin.

\$20 per child per registration.

All evening classes are parent/child classes and require a parent, guardian, or responsible adult in the water during lessons. To provide social distancing for participants, each parent/child pair will be spaced 6-feet apart in the water.

Waitlist Policy

Every child should have the opportunity to take swim lessons. If a class is full please join the waitlist. **Classes may be combined or canceled if enrollment is less than three swimmers.**

Cancellation Policy

Lessons will only be canceled if thunder or lightning is in the area **15 minutes prior to the start of class.**

Cancellation Notifications

We utilize an automated text notification system to quickly notify parents in the event of a cancellation.




To receive notifications, text MTLSC to 84483.

Cancellation information is only available via our text notification system.

For the health and well-being of everyone, please do not bring swimmer if they are:

- Feeling ill or experiencing signs and symptoms of being sick
- In a household with someone who is waiting on a COVID-19 test result

NOT SURE WHAT LEVEL IS RIGHT FOR YOUR CHILD?

	<p>LEVEL 1: FLOUNDER</p> <p>Child will become acclimated to the water through games and will learn basic safety skills in addition to water submersion and floating with support.</p> <p>SKILLS: Independent movement through the water, floating on front and back, recovery from a floating position, nose/mouth bubbles, introduction to bobs, and age-appropriate safety skills.</p>	<p><i>Any children who are at least 3-years-old and have little experience in the water should sign up for this class.</i></p>
	<p>LEVEL 2: JELLYFISH</p> <p>Child will expand on the skills learned in the Flounder class and learn to be in the water unassisted in both front and back positions while learning to propel themselves through the water using either arms or legs.</p> <p>SKILLS: Floating, gliding, streamline body position, recovery, bobs, submersion, propulsive kicking, introduction to propulsive arms, sit dives, and safety skills.</p>	<p><i>A child is ready for this class if they can comfortably perform five unassisted, consecutive bobs, submerging fully.</i></p>
	<p>LEVEL 3: OCTOPUS</p> <p>Child will learn fundamental freestyle and backstroke skills with emphasis placed on the coordination and timing of the strokes as well as the development of a strong flutter kick.</p> <p>SKILLS: Novice freestyle, novice backstroke, elementary backstroke, side glide, treading, kneel dive, and safety skills.</p>	<p><i>Children who can independently perform a front float for 5 seconds (with their face in the water), can independently perform a back float for at least 5 seconds, and who can perform the above requirements can register for this class.</i></p>

HOW TO MAKE THE MOST OUT OF LESSONS

Arrive on time and ready for lessons.

ALL children who are **not potty-trained must wear a swim diaper** in the pool.

Wear a **well-fitted swimsuit** that is **appropriate for lessons**.

Children with long hair should use a **hair tie** or wear a swim cap.

Swim goggles (not a snorkel or mask) may be used by children in the upper level classes.

