



## Lookout Park Outdoor Pool Outdoor Learn to Swim Programs 2009

\*All registrations for Learn to Swim programs will take place at the Trails Recreation Center.

\*Fridays will be used as make-up days for weather cancellations

### Outdoor Sessions Dates & Fees 2 week sessions

Session 1:	Jun 15 - 26
Session 2:	Jun 29 - Jul 9
Session 3:	Jul 20 - 30
Session 4:	Aug 3 - 14

### Weekday: Mon-Thur (8 classes) 25 Minute Classes

Toddler & Preschool 1 (4 max students)
\$40 Dist (\$57 N-Dist)
Parent & Tot: Preschool 2 - Level 3 (6 max students)
\$36 Dist (\$52 N-Dist)

### 50 Minute Classes

Level 4 - 5 (8 max students)

### Toddler—Beginner (3 yrs)

Beginning lessons for toddlers. Child must be willing to Participate.

#600	Mon-Thur	9:30-9:55a
#601	Mon-Thur	10:30-10:55a

### Preschool 1—Beginner (4-5 yrs)

Beginning lessons. Child must be willing to participate.

#602	Mon-Thur	9:30-9:55a
#603	Mon-Thur	10:30-10:55a

### Preschool 2—Basic Strokes (3-5 yrs)

Skills necessary: Comfortable in water; able to submerge face on front float w/support 3-5 sec.; able to submerge ears on back float w/support 3-5 sec.

#604	Mon-Thur	9:30-9:55a
#605	Mon-Thur	10-10:25a
#606	Mon-Thur	10:30-10:55a

### Preschool 3—Intermediate (3-5 yrs)

Skills necessary: fully submerge face on floats 3-5 sec.; front crawl/back crawl (recognizable) 2 body lengths; elementary backstroke arms 2 body lengths.

#607	Mon-Thur	10-10:25a
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### Advanced Preschool—Advanced Skills (3-5 yrs)

Skills necessary: Front crawl w/rotary breathing; back crawl; elementary backstroke; comfortable in deep water.

#608	Mon-Thur	10:30-10:55a
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### Level 1—Beginner (6-12 yrs)

Beginning lessons for youth

#609	Mon-Thur	9-9:25a
#610	Mon-Thur	10-10:25a

### Level 2—Basic Strokes (6-12 yrs)

Skills necessary; Comfortable in water; able to submerge face on front float w/support 3-5 sec.; able to submerge ears on back float w/support 3-5 sec.

#611	Mon-Thur	9-9:25a
#612	Mon-Thur	10-10:25a
#613	Mon-Thur	10:30-10:55a

### Level 3 - Advanced Beginner (6-12 yrs)

Skills necessary: Fully submerge face on front float 5-10 sec.; front crawl/back crawl (recognizable) 5 yds (arms should be out of water recovery); elementary backstroke arms 5 yds ears submerged & horizontal movement.

#614	Mon-Thur	9-9:25a
#615	Mon-Thur	10-10:25a

### Level 4—Intermediate (6-12 yrs)

Skills necessary: Front crawl w/rotary breathing—no underwater recovery, beginning s pull; back crawl—no bent arms, beginning s pull; elementary backstroke—timing should be close; comfortable in deep water.

#616	Mon-Thur	9-9:50a
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### Level 5—Advanced Skills (6-12 yrs)

Skills necessary: Front crawl—recognizable s-pull w/rotary breathing 15 yds.; back crawl—recognizable s-pull 10 yds.; elementary backstroke - timing should be good; coordinated breaststroke - timing should be close.

#617	Mon-Thur	9-9:50a
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