

# Swim Lesson Schedule— November/December 2023

Registration begins at 7 a.m. on October 25

		Firstenburg Pool				700 NE 136th Ave.   360-487-7001			
		Average Pool Temperature: 86-87° F				(5 lessons per session, 30 min each)			
		Mondays, Nov. 6—Dec. 11*				Wednesdays, Nov. 8—Dec. 13*			
Levels		9:30am	10:05am	10:40am	11:15am	9:30am	10:05am	10:40am	11:15am
Parent-n-Tot					27259				
Pre-Level 1				27260				27368	
Pre-Level 2			27261				27373		
Pre-Level 3		27262				27379			
Private Lesson									27394

		Marshall Pool				1009 E. McLoughlin Blvd.   360-487-7100			
		Average Pool Temperature: 84-86° F				(5 lessons per session, 30 min each)			
		Tuesdays, Nov. 7—Dec. 12*				Thursdays, Nov. 9—Dec. 14*			
Levels		9:30am	10:05am	10:40am	11:15am	9:30am	10:05am	10:40am	11:15am
Parent-n-Tot		27322				27323			
Pre-Level 1			27325					27326	
Pre-Level 2				27328			27329		
Pre-Level 3					27331				
Private Lesson									27320

		Tuesdays, Nov. 7—Dec. 12*				Thursdays, Nov. 9—Dec. 14*			
		4pm	4:35pm	5:10pm	5:45pm	4pm	4:35pm	5:10pm	5:45pm
Parent-n-Tot			27366					27367	
Pre-Level 1		27369			27370	37371		27372	
Pre-Level 2			27374	27375		27376	27377	27378	
Pre-Level 3			27380	27381		27382			27383
Level 1		27255		27384	27385	27386	27387		27388
Level 2		27256			27389		27390		27391
Level 3			27257	27392			27393		
Level 4									
Level 5									
Level 6									
Adult Beginner					27254				27365
Adult Stroke Imp.									
Private Lesson		27440						27441	

		Mondays, Nov. 6—Dec. 11*				Wednesdays, Nov. 8—Dec. 13*			
		4pm	4:35pm	5:10pm	5:45pm	4pm	4:35pm	5:10pm	5:45pm
Parent-n-Tot					27281				27321
Pre-Level 1		27282					27324		
Pre-Level 2			27283			27327			
Pre-Level 3				27284				27330	
Level 1		27275			27308		27309	27310	
Level 2			27276				27311		27312
Level 3		27277				27313			
Level 4			27278			27314			
Level 5				27279				27315	
Level 6				27280					
Adult Beginner									
Adult Stroke Imp.									27274
Private Lesson					27319				

\*No lessons November 20-23

Group Session Fees: 5 lessons \$51/\$58

Private Lesson Fees: 5 lessons \$180/\$206

## Ages for Swim Lesson Levels

- Parent-n-Tot: 6 months - 3 years old
- Pre-Level Classes: 3-5 years old
- Level Classes: 6+ years old
- Adult Classes: 13+ years old

### YOUTH SWIM LESSONS:

#### Parent-n-Tot

Includes water orientation for a child 6 months to 3 years old with a parent. You'll assist your child in basic swimming and safety skills. Non toilet-trained children must wear an elasticized diaper. Students move to Pre-Level 1 at age 3.

#### Pre-Level 1

The starting point for ages 3-5. Students will adjust to the water and become comfortable putting their faces in. Students pass to Pre-Level 2.

#### Pre-Level 2

For children who have completed Pre-Level 1 or are comfortable putting their face under water. Students will progress to swimming on their back and stomach independently and rolling over from side to side. Students pass to Pre-Level 3.

#### Pre-Level 3

For children who have completed Pre-Level 2 or are able to swim on their back and stomach independently. Students will progress to moving through the water with arm-strokes and kicking in preparation for side-breathing. Students pass to Level 3 regardless of age; registration for Level 3 must be completed in-person or by phone to override the age requirement.

#### Level 1

The starting point for ages 6 and older. Students will get comfortable in the water and progress to rolling over and swimming on their front and back independently. Students pass to Level 2.

#### Level 2

For children who have completed Level 1 or are able to swim comfortably on their front and back without instructor assistance. Students will progress to using combined arm and leg action independently with their face in the water. Students pass to Level 3.

#### Level 3

For children who have completed Level 2 or are able to swim the front crawl and back glide strokes independently. Students will progress to swimming 25 yards of front crawl with side breathing and 25 yards of elementary backstroke without instructor assistance. Students pass to Level 4.

#### Level 4

For children who have completed Level 3 or are able to swim 25 yards of front crawl with side breathing and 25 yards of elementary backstroke. Students will refine front crawl and elementary backstroke skills and learn breaststroke. Students pass to Level 5.

#### Level 5

For children who have passed Level 4 or are able to swim 25 yards of front crawl and elementary backstroke. Students will progress to swimming 50 yards of front crawl and elementary backstroke, and 25 yards of backstroke and breaststroke. Students pass to Level 6.

#### Level 6

For children who have passed Level 5 or are able to swim 50 yards front crawl and elementary backstroke, and 25 yards breaststroke and backstroke. Students will refine all 6 strokes, learn conditioning skills, complete a 500 yard swim and 5 minutes of treading water. Students can repeat Level 6 for continued skill enhancement and endurance.

### ADULT SWIM LESSONS:

#### Adult Beginner

Teaches basic swimming and safety skills for the adult beginner. Pass to Adult Intermediate.

#### Adult Intermediate

Continued water orientation. Begin swimming longer distances with and introduction to the breaststroke and endurance work. Pass to Adult Stroke Improvement.

#### Adult Stroke Improvement

Increase stroke efficiency. Work on long distance swimming, stroke refinement and endurance.

#### Private Lessons:

Private lessons provide 1-on-1 instruction. Lessons are tailored to fit the student's goals.



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