



## **Spring Swim Lesson Schedule**



### **Pre-Beginner – Saturdays - 12:30pm - 1:00pm – 3/10 to 5/12 – (No class 3/24, 4/1)**

For ages 3 to 6. Swimmers will be introduced to water in a fun playful way to increase water comfort. Prerequisite: Must be potty trained and able to participate in group setting.

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### **Beginner – Saturdays - 1:00pm - 1:45pm - 3/10 to 5/12 – (No class 3/24, 4/1)**

For ages 6 and up (younger children MUST be approved by instructor). Swimmers will learn proper kick techniques on front and back, gain comfort in the water, learn beginner and elementary backstroke, and basic water safety rules.

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### **Advanced Beginner – Saturdays - 1:45pm - 2:30pm - 3/10 to 5/12 – (No class 3/24, 4/1)**

For ages 6 and up (younger children MUST be approved by instructor). Swimmers will learn proper kick techniques on front and back, side breathing, be introduced to deep-water swimming, treading water, and beginner and elementary strokes.

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### **Intermediate/Advanced – Saturdays - 2:30pm - 3:15pm - 3/10 to 5/12 – (No class 3/24, 4/1)**

For ages 7 and up (younger children MUST be approved by instructor). Swimmers will learn freestyle stroke, overarm back stroke, diving, kneeling and standing, stream line push offs, water safety skills, and increase endurance.

Swimmers will increase endurance as well as learn breast stroke, side stroke and will be introduced to butterfly stroke. Swimmers will also be introduced to competitive swimming techniques.

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### **Adult Beginner – Tuesdays - 6:05pm - 6:50pm - 3/6 to 5/1 – (No class 3/27)**

For ages 18 and up. Swimmers will learn how to be comfortable and tread water, proper kick techniques on front and back, learn beginner backstroke, and basic water safety rules.

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**FEE: \$80 per session**

**Location: Lawrence High School Pool**

**Each session includes 8 classes**

**Register online through [CommunityPass](#) or call (609) 844-7065**

