

LEARN TO SWIM

- Must have a Lyndhurst or NR Lyndhurst pass, S.E. Reciprocity pass holders will not be permitted to register for lessons.
- 13 Lessons, they are held Monday-Friday and are 40min in length.
- 3 Sessions, each session is \$20.00
- Lessons are held in 4 different time slots:
 1. 8:45-9:25
 2. 10:30-11:10
 3. 11:15-11:55
 4. 12:00-12:40
- Each time slot offers different level classes, the parent will decide at the pool when registering what class meets the needs of their child per a discussion with the swim instructor.
- When signing your kids up for swim lessons, you must have the pass in hand & the \$20.00 registration fee. **CASH OR CHECK MADE PAYABLE TO THE CITY OF LYNDHURST ONLY.** -Credit cards not accepted-
- Registration is held at the pool (see times below).



REGISTRATION is held before each session at the Lyndhurst Pool from 9am-Noon, see the registration schedule below:

Session 1 Registration: Monday June 3th & Tuesday June 4th

Session 2 Registration: Monday June 24th & Tuesday June 25th

Session 3 Registration: Monday July 15th & Tuesday July 16th

LEARN TO SWIM is held from 8:45am-12:40pm at the Lyndhurst Pool, see the session schedule below:

Session 1: Wednesday June 5th thru Friday June 21st

Session 2: Wednesday June 26th thru Friday July 12th

Session 3: Wednesday July 17th thru Friday August 2nd

2019 LYNDBURST LEARN TO SWIM PROGRAM



8:45 – 9:25 a.m.

Level 6: Fitness Swimmer
Level 5: Stroke Refinement
Level 4: Stroke Improvement
Level 3: Stroke Development
Level 2: Fundamental Aquatic Skills
Level 1: Introduction to Water Skills
Guard Start

10:30 – 11:10 a.m.

Level 4: Stroke Improvement
Level 3: Stroke Development
Level 2: Fundamental Aquatic Skills
Level 1: Introduction to Water Skills
Level C: Pre-School Aquatics

11:15 – 11:55 a.m.

Level 5: Stroke Refinement
Level 3: Stroke Development
Level 2: Fundamental Aquatic Skills
Level 1: Introduction to Water Skills
Level B: Pre-School Aquatics
Level 2: Adult and Tot

12:00 – 12:40 p.m.

Level 6: Personal Water Safety
Level 3: Stroke Development
Level 2: Fundamental Aquatic Skills
Level 1: Introduction to Water Skills
Level A: Pre-School Aquatics
Level 1: Adult and Tot

Learn to Swim- Description Levels

Parent & Child Aquatics-6 months to 3 Years Old

- Parents & Children learn together through 2 fun filled levels to increase children's comfort in the water and build a foundation of basic aquatic and water safety skills.
 - Level 1-Introduces basic skills, including safety topics to parent & children
 - Level 2-Builds on the skills introduced in Level 1, with participants improving these skills and learning more advanced skills

Preschool Aquatics Age 4

- Three fun, age appropriate levels teach basic aquatic safety and survival skills to increase children's comfort level in and around the water
 - Level A-Orients children to the aquatic environment and helps them gain basic aquatic skills
 - Level B-Helps children gain greater independence in their skills and develop more comfort in and around the water
 - Level C- Helps children start to gain basic swimming propulsive skills to be comfortable in and around the water

Learn to Swim-5 and Up!

- Six progressive levels help swimmers of varying ages and abilities develop their water safety, survival and swim skills.
 - Level 1-Introduction to Water Skills: helps Participants feel comfortable in the water
 - Level 2-Fundamental Aquatic Skills: Gives participants success with fundamental skills
 - Level 3- Stroke Development: Builds on skills with practice in deeper water.
 - Level 4-Stroke Improvement: Develops confidence and improves skills
 - Level 5- Stroke Refinement- Provides further coordination and refinement of strokes
 - Level 6-Swimming & Skill Proficiency: Refines strokes so participants swim with ease. Level 6 features menu options to prepare participants for advanced activities.
 - Fitness Swimmer
 - Personal Water Safety

Swim Team: Information can be found at
<http://www.seamonkeyswimming.com>