

Free Swim Lessons at Stardust- 2011

Pick a Level

Introduction to Water

Your child will learn to put his face in the water, blow bubbles, and develop leg and arm movement – the perfect first swim class. Held in the baby pool.

Beginner

For the child who is comfortable in the water, this class develops higher level arm and leg movements needed to begin stroke development, floating, jumping into the water from the edge of the pool, going under water, etc. Held on the steps and shallow end.

Advanced Beginner

This class initiates stroke development. Children must be able to swim (in any form) to the lane line and back to the edge of the pool in lane 6. The instructor will need to insure that all participants have this skill on the first day of class. Held by the slide.

Intermediate

This class provides a continuation of stroke development. Children will work on all strokes by doing laps the full length of the pool in lane 4.

Pick a Week

(maximum of 2 until everyone has had a chance to sign up)

Session 1: June 27 – July 1 (M, T, Th, F)

Session 2: July 5 – 8 (T, W, Th, F)

Session 3: July 11– 15 (M, T, Th, F)

Session 4: July 18 – 22 (M, T, Th, F)

Session 5: July 25 – 29 (M, T, Th, F)

Pick a Time Slot

10:00 – 10:30

10:45 – 11:15

11:30 – 12:00

(Intro to Water is offered only in the 11:30 – 12:00 time slot)