



2017 Swimming Lessons



Session 1 June 19-29

Monday-Thursday

Session 2 July 17-27

Monday-Thursday

\$20 per student

11:00 a.m.	Parent and Child: Getting children used to a pool setting and to have fun in the water.
11:00 a.m.	Pre-Level 1: (ages 3-5) Introduction to the pool setting and learning to have fun in the water while being part of a group.
9:00 a.m.	Level 1: (Must be 6 years old) Introduction to Water Skills: Helps students feel comfortable in the water and learn to enjoy the water safely. (Must be able to sit, listen and follow instructions in a group setting.)
10:00 a.m.	Level 2: Fundamental Aquatic Skills: To give students success with fundamental swimming skills and learning to float without support. (Must be able to
9:00 a.m.	Level 3: Stroke Development: Students learn to coordinate front and back crawl, introduce elementary back stroke and the fundamentals of treading water.
10:00 a.m.	Level 4: Stroke Improvement: Develops confidence in strokes learned thus far and to improve other aquatic skills. Introduce breaststroke, sidestroke, and wall turns.
10:00 a.m. only	Level 5: Stroke Refinement: Coordination and refinement of key strokes. Introduce butterfly, open turns, feet-first surface dives. Increase swim distances.
9:00 a.m. only	Level 6: (must be able to swim the length of the pool without stopping) Swimming and Skill Proficiency: Polish strokes so students swim with more ease, efficiency, power and smoothness over greater distances.

***Goggles, masks or other swimming aides are not recommended for lower level swim lessons. Goggles, but not masks, are acceptable for Level 4 and above.

Swimming Lesson Registration

Session: _____ Swimming Level: _____ Time: _____

Name: _____ Age: _____

Mailing Address: _____

City: _____ State: _____ Zip: _____

Parent Name: _____ Phone #: _____

Fee: _____

Make Checks Payable to: Sterling Recreation Commission or **SRC**
and return form with money to the Sterling Pool after May 27, 2017
Questions: Call the pool at 620.904.7033 or Susan Dierksen at 620.278.3078