

# 2010 Swim Lessons

All classes are Monday through Thursday allowing Friday to be a make up day (Toddler & Me class will meet on Friday). Participants MUST be at least 5 years of age or older for Levels 1, 2 & 3. Proof of age is required. The cost of classes is \$40 per person, with the following types of classes and times:

Level 1- Minnow: 9:30am - 10:30am  
(Sessions 1-3)

Level 2-Guppy: 8:30am- 9:30am  
(Sessions #1 and #2)

Level 3-Sunfish: 8:30am-9:30 am  
(Session #3 ONLY)

Toddler & Me: 9:30am-10:30am  
(Session #4 ONLY-Ages 4 & under)

## Lesson Dates:

Session #1 June 14 - June 25, 2010 (DEADLINE: June 4)

Session #2 June 28 - July 9, 2010 (DEADLINE: June 18)

Session #3 July 12- July 23, 2010 (DEADLINE: July 2)

Session #4 July 26-July 30, 2010 (DEADLINE: JULY 16)

# 2010 Swim Lessons



Ready to Register?

Here's How:

[Click here to get registration form](#)

Mail to: 212 Chestnut Street  
Berea, KY 40403

(Make checks payable to City of Berea)

In Person: 6 Pirate Parkway  
(adjacent to Berea Community School)

Call 986-9402 for more info!

# Swim Lesson Level Descriptions

## Level 1: Minnow

Introduction to water skills. The objective of this class is to help students feel comfortable in the water and enjoy the water safely. Students will learn elementary aquatic skills which students will build on as they progress through the levels.

## Level 2: Guppy

Fundamental Aquatic Skills. The objective of this class is to give students success with fundamental skills. Students learn to float without support and recover to a vertical position. Students learn to explore simultaneous and alternating arm and leg actions on the front and back. Students learn self help practices and basic rescue skills.

## Level 3: Sunfish

Stroke Development. The objective of this class is to build on the skills learned in previous levels by providing additional guided practice. Students learn to coordinate the front crawl and back crawl. Students are also introduced to elements of the butterfly and the fundamentals of treading water.

## Toddler & Me:

The goals of this class are to provide activities and experiences for parents and children to:

- Learn how to safely enter and exit the water
- Fell comfortable in the water
- Explore buoyancy in affront and back position
- Change body position in the water

# Swim Lesson Pre-Requisites

Not Sure What Level YOUR child belongs in?

## Level 1: Minnow

No prior skills needed. Prefer that the child has been exposed to water.

## Level 2: Guppy

- Child can float on their backs without help
- Child can swim 45 Feet (15 Yards) without help
- Child can put face and head under water

## Level 3: Sunfish

- Child must be able to swim 45 Feet of Freestyle (Front Crawl) with Breathing



- Child must be able to swim 45 Feet of Backstroke (Back Crawl)



- Tread water without help for 30 seconds

## Toddler & Me

- No prior skills needed for toddler
- Parent/Guardian must be able to swim and be comfortable in chest deep water

