



SWIM LESSONS

SIGN UP NOW FOR FALL SESSION B

WATER BABIES (WB) AGES 9-24 MONTHS*

Mondays - Nov 2 - Dec 7 (No class 11/30) 9:30 - 10:10 am

Saturdays - Nov 7 - Dec 12 (No class 11/28) 9:00 - 9:40 am

Parent/Caregiver and their child will explore the water; entering with permission, exiting safely, submerging eyes, nose and mouth, buoyancy front and back, changing body position, arm strokes and kicks with support. Please register with child's name. Min: 4 Max: 15

PARENT AND CHILD (PC) AGES 2-3 YEARS*

Mondays - Nov 2 - Dec 7 (No class 11/30) 9:30 - 10:10 am

Saturdays - Nov 7 - Dec 12 (No class 11/28) 9:00 - 9:40 am

Parent/Caregiver and their child will continue to explore: rhythmic breathing, gliding on front and back, combining arm and leg motion on front and back with support. Please register with child's name. Min: 4 Max: 15

*All children not fully toilet-trained must wear swim diaper, elasticized vinyl pant and swim suit.

PRESCHOOL (PS345) AGES 3-5

Mondays - Nov 2 - Dec 7 (No class 11/30) 1:10 - 1:50 pm

Tuesdays - Nov 3 - Dec 1 1:10 - 1:50 pm

Saturdays - Nov 7 - Dec 12 (No class 11/28) 8:15 - 8:55 am

Sundays - Nov 8 - Dec 13 (No class 11/29) 8:15 - 8:55 am

The child explores many aspects of the water both on and off the teaching docks including: safety, entry and exit, buoyancy, breath control, submersion, front and back float, rolling over, and arm and leg action. All participants must be fully toilet-trained. Min: 4 Max: 8

LEVEL 1 (L1) INTRODUCTION TO WATER AGES 4 & UP

Thursdays - Nov 5 - Dec 10 (No class 11/26) 1:10 - 1:50 pm

Sundays - Nov 8 - Dec 13 (No class 11/29) 9:00 - 9:40 am

Participants must be four (4) years of age or older and comfortable with going underwater. At this level, swimmers explore: blowing bubbles, opening eyes underwater, floating on back and front with recovery, alternating arm action and kicking, changing position, treading water, and water safety. Min: 4 Max: 8

LEVEL 2 (L2) FUNDAMENTAL SKILLS

Sundays - Nov 7 - Dec 12 (No class 11/29) 9:45 - 10:25 am

Participants must have passed Level 1. At this level swimmers explore: jumping into shallow water, submerging entire head, picking objects off of bottom, breathing rhythmically, gliding front and back, changing position, combining arm and leg action on front and back, and water safety. Min: 4 Max: 10

LEVEL 3 (L3) STROKE DEVELOPMENT

Sundays - Nov 8 - Dec 13 (No class 11/29) 10:30 - 11:10 am

Participants must have passed Level 2. At this level swimmers explore jumping into deep water from the side, entering head first from the side, rotary breathing, changing direction, treading water, front crawl, elementary backstroke, dolphin kick, scissors kick, and water safety. Min: 4 Max: 10

LEVEL 4 (L4) STROKE IMPROVEMENT

Saturdays - Nov 7 - Dec 12 (No class 11/28) 10:30 - 11:10 am

Participants must have passed Level 3. At this level swimmers explore: diving from the side, underwater swimming, feet-first surface dive, open turns with streamline position, front crawl, breaststroke, butterfly, back crawl, elementary backstroke, sidestroke, treading water and water safety. Min: 4 Max: 10

LEVEL 5 (L5) STROKE REFINEMENT

Saturdays - Nov 7 - Dec 12 (No class 11/28) 10:30 - 11:10 am

Participants must have passed Level 4. At this level swimmers will explore: shallow diving from the side, pike and tuck surface dives, flip turns, treading water with different kicks, front crawl, butterfly, breaststroke, back crawl, elementary backstroke, sidestroke, survival swimming, sculling, and water safety. Min: 4 Max: 10

YOUTH BEGINNER (YB) AGES 8-14

Saturdays - Nov 7 - Dec 12 (No class 11/28) 9:45 - 10:25 am

This beginner swimming class is designed for older children, ages 8 -14, with special needs. The small group setting is conducive to learning. Individualized goals will be set the first day of class. Min: 4 Max: 8



Registration at www.westwoodrec.com
781.461.0070

