

Lockport Community Pool Swim Lesson Sign Up

Swim Lessons at the Lockport Community Pool will be offered for children ages 5 to 12 years and run for **one, 5-week session beginning Monday, July 9th 2018 and ending Thursday, August 9th, 2018.** Lessons will be offered in 30-minute classes twice a week for a total of 10 swim classes. Class time will be composed of a water safety lesson, organized instruction and approximately 5 minutes of free play. Levels will be assigned at the discretion of the instructors and pool supervisors according to the criteria outlined in the American Red Cross, and swimmers may be moved to a level most suitable for their swimming abilities. **Pre-Registration is required** and there will be a **\$10.00 surcharge for registration collected the day of the first class and after.** Registration will be accepted no later than, July 16, 2018. There is limited availability for each lesson and applications will be accepted on a first come first serve basis. If a child misses a swim lesson, make up lessons will be given at the discretion of the pool supervisors. Please fill out the registration form on the back of this sheet for each swimmer you are registering and **return to the Department of Civil Service, One Locks Plaza, Lockport, NY 14094 in room M-11 OR to the Lockport Community Pool, Outwater Drive, Lockport, NY 14094.**

LEVEL INFORMATION

Level 1 – Introduction to Water Skills –Skills include submerging of mouth, nose and eyes. Also, swimming on front and back using arm and leg actions with support.

Level 2 – Fundamental Aquatic Skills – Skills include entering water by stepping or jumping from the side to swimming on front, back, and side using combined arm and leg actions.

Level 3 – Stroke Development – Skills include submerge and retrieve an object in chest deep water to performing front and back crawl.

Level 4 – Stroke Improvement – Skills include feet-first surface dive as well as performance of all strokes (crawl, side, breast, etc.)

Level 5 – Stroke Refinement – Skills include further coordination and refinement of strokes as well as skills for survival swimming.

Level 6 – Swimming and Skill Proficiency- Skills include swimming for fitness as well as some items preparing students to participate in more advanced courses, including the Water Safety Instructor, Lifeguard Training course, and Youth Swim Teams.

Class Days & Times

<i>Level</i>	<i>Days</i>	<i>Times</i>
Levels 1, 3, 5	Monday/Wednesday	10:30 AM-11:00 AM
Levels 2, 4, 6	Monday/Wednesday	11:15 AM-11:45 AM
Levels 1, 2, 3, 4, 5, 6	Monday/Wednesday	6:15 PM-6:45 PM
Levels 1, 3, 5	Tuesday/Thursday	10:30 AM-11:00 AM
Levels 2, 4, 6	Tuesday/Thursday	11:15 AM-11:45 AM