



SWIMMING LESSONS

Swimming Lessons Level 1-3 Paynesville Inn & Suites

Level I-Water Exploration (Pre-Beginners) Level I is to help students feel comfortable in the water and to enjoy the water safely. Students start to develop good attitudes and safety practices around the water. Level I skills include: fully submerge face, buoyancy and breath control, supported float on front & back, blowing bubbles, water entry & exit, locomotion (walk through water safely) and supported kicking on front and back.
*Child must be at least 3 feet tall and be able to stand in the pool independently.

Level III-Stroke Readiness (Beginners +) Level III is to build on the skills in Level II by providing additional guided practice. Level III skills include: coordinate the front & back crawl, elementary backstroke, fundamentals of treading water.



Level II-Primary Skills (Beginners) Level II gives students success with fundamental skills. Students learn to float without support and to recover to a vertical position. This level marks the beginning of true locomotion skills and adds to self-help and basic rescue skills. Level II skills include: hold breath and fully submerge head, retrieve objects, orientation to deep water, prone float of glide (unsupported), supine float of glide (unsupported), rhythmic breathing, step from the side into chest deep water, get out at side of pool, flutter kick on front and back, finning on back, back crawl arm action combined, stroke front, etc.

<u>June</u>	<u>July</u>	<u>August</u>
11,12,18 19,25,26	9,10,16 17,23,24	6,7,13, 14,20,21
Level 2 8:15-9:00 AM Class Code: S1024	Level 3 8:15-9:00 AM Class Code: S1027	Level 2 8:15-9:00 AM Class Code: S1043
Level 2 9:05 –9:50 AM Class Code: S1023	Level 2 9:05 –9:50 AM Class Code: S1026	Level 2 9:05 –9:50 AM Class Code: S1044
Level 1 9:55—10:40 AM Class Code: S1022	Level 1 9:55—10:40 AM Class Code: S1025	Level 1 9:55—10:40 AM Class Code: S1045
\$49 Early Bird by May 21/\$54 Regular Price Min: 6 Max 8	\$49 Early Bird by June 18/\$54 Regular Price Min: 6 Max: 8	\$49 Early Bird by July 16/\$54 Regular Price Min: 6 Max: 8



Facility etiquette for all levels of swimmers

- * **Bring your own towel**
- * **No Hot tub usage before or after lessons**
- * **No kiddie pool usage before or after lessons /no siblings in kiddie pool while lessons are in session.**
- * **Do not enter the large pool until instructor has given the ok and lessons have begun.**
- * **Parents keep conversations to a minimum in the pool area.**