

2009 Prestwick Village Swim Lessons

“Integrating fun with success”

All levels offered during all sessions

Minimum of three kids per class

Mini session (4 classes)

Dates: Tuesday- Friday June 16th-June 19th

Times: will be between 5:30pm and 7:00pm

Prices: \$25 for members and \$32 for sponsored guests

Tuesday Morning Session (6 classes)

Dates: Tuesdays starting July 7th for six weeks

Times: will be between 9:30am and 11:00am

Prices: \$35 for members and \$42 for sponsored guests

Thursday Evening Session (6 classes)

Dates: Thursdays starting July 9th for six weeks

Times: will be between 5:30pm and 7:00pm

Prices: \$35 for members and \$42 for sponsored guests

Saturday Morning Session (6 classes)

Dates: Saturdays starting July 11th for six weeks

Times: will be between 9:30am and 11:00am

Prices: \$35 for members and \$42 for sponsored guests

Private Lessons \$15 per ½ hour

-Days and times to be determined by instructor availability if you are interested please contact pool manager or swim instructor

*Class start times will be determined based on registration. All classes are 30 minutes in length. Make up sessions will be scheduled as needed.

* Any Questions or Concerns please contact:
Julia Johnson, Pool Manager (248) 761-0954
Or via email @ julezlg@hotmail.com

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Lesson Level Descriptions

Parent/Tot (<3) (30 minute class)

This class is for children under the age of three or those who are uncomfortable in the pool without a parent. This class is a fun introduction for swimmers to the water with their parent right in the water with them. This class is full of fun learning using songs and games. Completion of this class is when the child is three or older and ready to be in the water without a parent present.

Level I (Novice or 3+) (30 minute class)

This is the basic level for children three and up who are comfortable being in the water without parents. Students will be introduced to basic stroke skills, front and back floats, and bobs. Completion of this level is when but not limited to when the child feels comfortable in the water and is able to fully submerge their body and perform other basic stroke techniques with little or no help from the instructor.

Level II (Beginning Swimming) (30 minute class)

This is the basic level for children who are comfortable in the water and able to submerge their entire body with no help. Students will be introduced to glides, fining and sculling and treading water. Students will continue to learn stroke skills and will be encouraged to swim short distances by themselves. Completion of this level is when but not limited to when a child can swim the front crawl, back crawl, and elementary back stroke five yards independently. Students should also be able to perform then seconds of front and back float independently.

Level III (Advanced Swimming) (30 minute class)

This is a level for children who can complete the exit requirements of level II. Students will continue to learn technique and build endurance with front crawl, back crawl and elementary back stroke. Students will also further explore treading water, floats, and glides. Students will be introduced to the dolphin and breast stroke kicks. Completion of this level is when but not limited to when student can swim ten to fifteen yards of each stroke. And demonstrate floats, glides, treading water independently.

Level IV (Stroke Improvement) (30 minute class)

This level is for the swimmer who can comfortable complete the exit requirements of Level III. This level will further develop and improve stroke techniques and begin development of the butterfly and breaststroke. Students will be introduced to a racing dive and prepare to be on a swim team. Completion of level IV is when but not limited to when a child can swim 25 yards of the front crawl and back crawl and 15 yards of the butterfly and breaststroke.

*Child may be at a level more than once