



Forest Lakes Swim Lesson Program Summer 2020

Swim Lessons are for Forest Lakes residents only. Classes are held at the North Pool in the afternoon. You may sign up for any class, any session at The North Pool starting June 21st

Questions? krisgalione@yahoo.com

Session 1: June 29- July 2
Session 2: July 6- July 9
Session 3: July 13- July 16

Level 1 4:00-4:45 pm
Level 2 5:00-5:45 pm

Session 4: July 20 July 23

Level 1 4:00-4:45 pm
Level 3 5:00-5:45 pm

Level 1 (3 years and up)
Skills include floating, kicking, bobbing, arm movements, breath control, rolling over and safety. All skills are done with support.

Level 2 (3 years and up) Must have completed Level 1 skills. Skills emphasized are rhythmic breathing, unsupported front/back floats and glides, finning, front crawl, elementary backstroke and safety.

Level 3 (4 years and up) Must have completed Level 2 skills. Skills emphasized are front crawl with breathing to side, backstroke, treading water, butterfly kick, scissor kick, survival float and diving.

**These will all be
Parent/Child Lessons.**

**I will help you teach your
child to swim.**

**These will be socially
distanced lessons with
everyone remaining 10ft
apart.**



**All Pool and Phase III rules will
be followed.**

**More sessions may be added later
this summer.**

Sign up books with listings of open classes will be available at the lifeguard tables at the North pool beginning on Sunday, June 21st. You may text/call Kris Galione at 434-409-3352 for questions.

Swim lessons are taught in **one-week sessions** consisting of 4 forty-five minute classes each session, Monday thru Thursday. There is one built-in make-up day per session in case of inclement weather on Friday.

Class size: Minimum 4 children; maximum 6 children

Cost: Cost per child per session is \$60.

**Private Lessons: 30 minute sessions are \$30 plus \$5 per additional child (up to 4). Make your own group!
(Limited availability)**