



Forest Lakes Swim Lesson Program Summer 2021

Swim Lessons are for Forest Lakes residents only. Classes are held at the North Pool in the morning and at the South Pool in the afternoon.

Saturday May 29 10am-12pm registration will be held at the Forest North Pool. After May 29 You may sign up for any class, any session at The North Pool Check-In table or email Kris Galione at krisgalione@yahoo.com for AM lessons or Laura Pace at laurapace06@icloud.com for PM Lessons.

Sessions will be one week Monday-Thursday with a Friday make up day for weather issues. Lessons will be 30 minutes with a maximum 5 children per session (4 minimum). The cost is \$40 per session.

Session Start Dates:	Session 1	June 21	Session Times: Morning	Afternoon
	Session 2	June 28	10:00 am (Level 3)	5:00 pm (Par/Child)
	Session 3	July 12	10:35 am (Level 2)	5:35 pm (Level 1)
	Session 4	July 19	11:10 am (Level 1)	6:10 pm (Level 2)
	Session 5	July 26	11:45 am (Alt Lev 4	6:45 pm (Level 3)
	Session 6	August 2	& Par/Child)	7:20 pm (Level 4)
	Session 7	August 9	PM Only	

All local COVID protocols will be followed. Cash, Check, and Venmo are accepted forms of payment.

Level 1 (3 years and up) First class without a parent. 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, 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.

Level 4 (5 years and up) Must have completed Level 3 skills. Skills emphasized are deep water bobbing, breast stroke, sidestroke, backstroke, butterfly and endurance in front crawl and elementary backstroke

Private lessons are available for children and adults once the pools are open. Private lessons are \$30 for 30 minutes for one child. Add \$5 per additional child per lesson. Based on availability.

Parent/Child Class

For ages 2 years through 6 years. A great first class! Emphasis on water adjustment, safety and supporting movements through the water including jumping in and beginner forms of propulsion.

Class size: minimum 4 children, maximum 7