



# Forest Lakes Swim Lesson Program

## Summer 2022

- Swim Lessons are for Forest Lakes residents only.
- Classes are held at the North Pool.
- Beginning May 28th, you may sign up for any class by emailing Laura Pace at **[laurapace06@icloud.com](mailto:laurapace06@icloud.com)**.
- 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.
- The cost is \$40 per session.

**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, 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.

**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

### Session Dates

Session 1: June 13th - June 16th

Session 2: June 27th - June 30th

Session 3: July 5th - July 8th

Session 4: July 11th - July 14th

Session 5: July 18th - July 21st

Session 6: July 25th - July 28th

### Lesson Times

Level 4: 10:00am-10:30am

Level 3: 10:35am-11:05am

Level 2: 11:10am-11:40am

Level 1: 11:45am-12:15pm

Questions? Email Laura Pace at [laurapace06@icloud.com](mailto:laurapace06@icloud.com)  
*Private lessons are available. Please email for more information.*