

**REGISTRATION INFORMATION**

- Open to valid White Pond Membership Holders ages 3 and up.
- Please sign up for a time with the appropriate level.
- Participants will be divided into classes on the first day based on skill.
- Classes run Monday-Friday with no make-ups, no refunds.
- Registration begins Wednesday May 8th at 7:30am.
- Please call the Beede Center (978) 287-1000 to update all household member information prior to registration.

**SWIM LESSON INFORMATION**

**SESSION 1: June 24-July 5**

10:30am-11:00am	Levels 4, 5, and 6	#261126-11
11:00am-11:30am	Levels 1, 2, and 3	#261127-11
11:30am-12noon	Levels 2 and 3	#261128-11

Fee: \$90.00      \*No lesson July 4th

**SESSION 2: July 8-July 19**

10:30am-11:00am	Levels 4, 5, and 6	#261126-21
11:00am-11:30am	Levels 1, 2, and 3	#261127-21
11:30am-12noon	Levels 2 and 3	#261128-21

Fee: \$100.00

**SESSION 3: July 22-August 2**

10:30am-11:00am	Levels 4, 5, and 6	#261126-31
11:00am-11:30am	Levels 1, 2, and 3	#261127-31
11:30am-12noon	Levels 2 and 3	#261128-31

Fee: \$100.00



**SWIM LEVEL DESCRIPTIONS**

**LEVEL 1**

- Supported float and glide on front and back
- Supported alternating arm and leg action skills
- Fully submerge face for 3 seconds
- Enter and exit the pool independently
- Walk 5 yards in chest deep water

**LEVEL 2**

- Hold breath and fully submerge head 3 sec.
- Unsupported floating & kicking on front & back 5 sec.
- Rhythmic breathing 10 times
- Combined stroke on front and back 5 yards
- Step into chest deep water, float or tread for 15 seconds

**LEVEL 3**

- Jumping into deep water
- Diving from seated or kneeling position
- Treading water for 1 minute
- Front crawl and back crawl 25 yards
- Rotary breathing
- Elementary backstroke 25 yards

**LEVEL 4**

- Dives from compact and stride positions
- Breaststroke 15 yards
- Front and back crawl stroke 25 yards
- Tread water 2 minutes
- Breaststroke 15 yards
- Elementary backstroke 25 yards
- Swim underwater 3-5 body lengths

**LEVEL 5**

- Breaststroke 25 yards
- Back crawl 25 yards
- Front crawl 50 yards
- Elementary backstroke 50 yards
- Tread water 2 minutes with 2 different kicks
- Shallow dive

**LEVEL 6**

- 500 yard continuous swim
- Front crawl & elementary backstroke-100 yards
- Breaststroke, back crawl, sidestroke, & butterfly --50 yards