

# Aquatics



## Preschool Swim Lessons

\$44 LiveHealthy Member | Ages 4 - 5

- **Tuesdays and Thursdays**, July 12 - August 4

Children ages 4 and 5 learn water safety, survival skills and foundational swimming concepts in a safe and fun environment. Skills are age-appropriate, allowing children to achieve success. Prerequisites: Must be 4 or 5 years old and comfortable swimming without a parent.

### Preschool Level 1:

- **Mornings**, Tuesdays/Thursdays, July 12 - August 4, 11:30 am - 12 pm
- **Evenings**, Tuesdays/Thursdays, July 12 - August 4, 5:05 - 5:35 pm

Skills: Enter and exit the water; blow bubbles through nose and mouth; front and back floats and glides; alternating and simultaneous arm stroke with kicking and assistance on front and back; and arm and leg action for treading water.

### Preschool Level 2:

- **Mornings**, Tuesdays/Thursdays, July 12 - August 4, 10:45 - 11:15 am
- **Evenings**, Tuesdays/Thursdays, July 12 - August 4, 5:05 - 5:35 pm

Skills: Enter and exit water; bobbing; retrieve submerged object; front and back floats and glides-roll from front to back and back to front; tread water; combined arm and leg action on front and back; and finning arm action on back.

### Preschool Level 3:

- **Mornings**, Tuesdays/Thursdays, July 12 - August 4, 10:45 - 11:15 am
- **Evenings**, Tuesdays/Thursdays, July 12 - August 4, 4:30 - 5 pm

Skills: Jumping into deep water; fully submerge and hold breath; bobbing; front, jellyfish and tuck floats; recovering from front and back floats and glides; tread water using arm and leg actions; and combined arm and leg actions on front and back independently.

**Next class is LTS Level 3 if 6 years old.**

# Aquatics



## Registration form for: Preschool Swim Lessons

Deadline to register is July 7. Please fill out and return the form with payment to the front desk.

Name: \_\_\_\_\_ Age: \_\_\_\_\_

Parent Name: \_\_\_\_\_

Email: \_\_\_\_\_ Phone #: \_\_\_\_\_

Check chosen class:

### Preschool Level 1

- |  |                  |  |
|--|------------------|--|
| <input type="radio"/> Mornings, Tuesdays/Thursdays, July 12 - August 4 | 11:30 am - 12 pm | <input type="radio"/> \$44/Member POS 2009 |
| <input type="radio"/> Evenings, Tuesdays/Thursdays, July 12 - August 4 | 5:05 - 5:35 pm   | <input type="radio"/> \$44/Member POS 2009 |

### Preschool Level 2

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|--|------------------|--|
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|--|------------------|--|
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Staff Only: Method of Payment (check):  Cash  CC  Check# \_\_\_\_\_

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