

2018 Summer Swim Lesson Schedule

| Class Times | Days | Classes | Session Dates |
|----------------|---------|------------------|----------------------|
| 9:00-9:35 am | M-THURS | AQKD, Level 1, 2 | 1: June 11-21 |
| 9:40-10:15 am | M-THURS | AQKD, Level 1, 2 | |
| 10:30-11:05 am | M-THURS | Level 1, 2, 3 | 3: July 9-19 |
| 11:10-11:45 am | M-THURS | PTOT, AQKD | |
| 1:00-1:35 pm | M-THURS | AQKD, Level 1, 2 | |
| 1:40-2:15 pm | M-THURS | AQKD, Level 1, 2 | |
| 2:30-3:05 pm | M-THURS | AQKD, Level 1, 2 | |
| 3:10-3:45 pm | M-THURS | Level 3, 4, 5 | |

| Class Times | Days | Classes | Session Dates |
|----------------|---------|---------------------|--|
| 9:00-9:35 am | M-THURS | AQKD, Level 1, 2 | 2: June 25-July 6 <i>No Class July 4</i> |
| *9:40-10:15 am | M-THURS | AQKD, Level 1, 2 | |
| 10:30-11:05 am | M-THURS | AQKD, Level 2, 3 | 4: July 23-Aug. 2 <i>*No class at 9:40 am*</i> |
| 11:10-11:45 am | M-THURS | AQKD, Level 1 | |
| 1:00-1:35 pm | M-THURS | AQKD, Level 1, 2 | |
| 1:40-2:15 pm | M-THURS | AQKD, Level 1, 2 | |
| 2:30-3:05 pm | M-THURS | PTOT, AQKD, Level 4 | |
| 3:10-3:45 pm | M-THURS | Level 2, 3, 5 | |

Evening Swim Lessons

| Class Times | Days | Classes | Session Dates |
|--------------|------|---------------------|--------------------------|
| 5:45-6:20 pm | M/W | PTOT, AQKD, Level 1 | 1E: June 4-27 |
| 6:25-7:00 pm | M/W | AQKD, Level 1, 2 | |
| 7:05-7:40 pm | M/W | Level 3, 4, 5 | 3E: July 9-Aug. 1 |

| Class Times | Days | Classes | Session Dates |
|--------------|------|---------------------|---------------------------|
| 5:45-6:20 pm | T/TH | AQKD, Level 1 | 2E: June 5-28 |
| 6:25-7:00 pm | T/TH | PTOT, AQKD, Level 2 | |
| 7:05-7:40 pm | T/TH | Level 1, 4, 5 | 4E: July 10-Aug. 2 |

Swim Lessons Fees Per Person:

\$28/city resident

\$42/non-city resident



Swimming lessons are being offered by the Watertown Parks and Recreation Department. All lessons are taught at the Indoor Pool located in Riverside Middle School, 131 Hall Street. Each session is scheduled for eight 35 minute classes. Be sure to review the swim lesson course descriptions which briefly outline course content.

TO REGISTER:

Monday, April 30, 2018, people who reside in the Watertown Unified School District may register by either mailing-in or dropping-off their registration form. Please note that registration will not be processed at this time. This is a basic lottery system and not on a first-come, first-serve basis. Confirmation of your registration will be mailed to you. Please use the guidelines listed below to facilitate this process:

1. Class fees must accompany each registration (checks payable to City of Watertown).
2. Use the provided registration form. Forms are also available in the Parks & Recreation Office.
3. List three choices in spaces provided on your registration form.
4. **Include a self-addressed, stamped envelope so that we may return to you a confirmation of your registration form mail in/drop off only. If an envelope is not enclosed, confirmation will NOT be mailed.**

Monday, May 7, 2018, in person registration shall be taken at the Watertown Parks & Recreation Department. This registration includes those people who reside outside the Watertown Unified School District. All in-person registration shall be processed on a first-come, first-served basis.

Registration is taken only at the Parks & Recreation Department. No registration shall be taken at the Indoor Pool. Class fees must accompany each registration.

Swimming Lesson Class Descriptions

PTOT—Parent & Tot

This is a structured recreational activity for parents and their children (6 month to 3 years of age).

Aqua Kids—4-6 years old

Exit Skills: Demonstrate both front and back float skills, put face in the water and blow bubbles, submerge head and demonstrate bobs, without assistance jump off and swim/paddle back with confidence, follow directives from instructor.

Level 1—must be 5 years old

Exit Skills: Jump into water, swim/paddle on front for 5 yards, float on front with face in for 5 seconds, roll to back, float on back for 5 seconds, recover to a standing position, return to the wall on front, swim/fin on back for 5 yards, roll over, swim/paddle back to the wall on front, perform 5 bobs fully submerging head, blowing bubbles and eyes open.

Level 2—successfully complete Level 1 exit skills

Exit Skills: Push off the wall into a front glide for 5 yards, then swim front crawl with rhythmic breathing for at least 10 yards, push off into a back glide for 5 yards, then swim back crawl for at least 10 yards, tread water for 30 seconds, demonstrate elementary backstroke kick for at least 5 yards, demonstrate sidestroke kick for at least 5 yards, pick up a submerged object from pool bottom with eyes open.

Level 3—successfully complete Level 2 exit skills

Exit Skills: Dive (compact/kneeling) into the water, swim front crawl with rhythmic breathing for 15 yards, then maintain position by treading water for 1 minute, then swim back crawl for 15 yards, demonstrate combined elementary backstroke for at least 10 yards, demonstrate breaststroke kick for at least 10 yards, demonstrate scissors kick for at least 10 yards, demonstrate butterfly kick and body motion for at least 5 yards.

Level 4—successfully complete Level 3 exit skills

Exit Skills: Swim front crawl with rhythmic breathing for 25 yards, then maintain position on back for 2 minutes (floating or sculling), then swim back crawl for 25 yards; dive into deep water from a standing position, then tread water for 2 minutes using 2 different kicks; swim continuously using the following strokes: 25 yards of breaststroke, sidestroke, elementary backstroke; demonstrate butterfly for at least 15 yards; demonstrate survival float for at least 2 minutes.

Level 5—successfully complete Level 4 exit skills

Exit Skills: Swim continuously using the following strokes—50 yards of front crawl with rhythmic breathing and flip turn, 50 yards of back crawl with flip turn, 50 yards of elementary backstroke, 50 yards of breaststroke, 50 yards of sidestroke, 25 yards of butterfly, demonstrate survival float for 5 minutes, demonstrate survival swimming for 5 minutes, demonstrate a long shallow dive into deep water, then tread water for 5 minutes using at least 2 different kicks, no arms for 1 minute, demonstrate surface dives (feet-first, tuck and pike positions).

