



PHILLIPS COMMUNITY POOL

Youth Swimming Lessons

Sept 25-Oct 30: Saturday mornings

Preschool Levels:

Polliwog (PS 1): 9:00-9:30 am

Guppy (PS 2): 9:00-9:30 am

Goldfish (PS 3): 9:00-9:30 am

School-age Levels:

Levels 1-2: 9:45-10:30 am

Levels 3-4: 10:45-11:30 am



School-age Levels:

(must be 5+ years old)

Level 1: Introduction to Water Skills

(non-swimmers) Introduces basic aquatic skills. The main goal of this level is to develop positive attitudes, effective swimming habits, and safe practices in and around water.

Level 2: Fundamentals of Aquatic Skills

(Beginners) Children learn to glide and float without support and develop simultaneous and alternating arm and leg actions on front and back. Safety skills are reinforced.

Level 3: Stroke Development

(Intermediate) Swimmers expand proficiency in previously taught skills and learn front crawl and elementary backstroke at rudimentary proficiency levels. Introduction of scissors and dolphin kick.

Level 4: Stroke Improvement

(Intermediate) Children increase endurance in all skills and learn sidestroke and breaststroke. Begin learning butterfly, diving, and open turns.

Level 5: Stroke Refinement

(Advanced) Swimmers refine performance of all six strokes and increase endurance. Children also learn flip turns on front and back.

Level 6: Skill Proficiency

(Advanced) Swimmers develop endurance, learn fundamental springboard diving, fitness swimming, and rigorous personal water safety skills.

Preschool Levels:

(must be 3-5 years old)

Polliwog (PS 1): Swimmers in this level learn to be comfortable in the water by playing games while working on basic skills like blowing bubbles and putting their faces in the water.

Guppy (PS 2): Guppies work on practicing their floating, kicking and paddling skills along with gaining confidence in the water.

Goldfish (PS 3): Swimmers in Goldfish refine their floating, kicking, and paddling skills, and learn to swim a short length without the use of a floatation device.

Parent & Child: (for ages 6mo-2 years) Parents enter the water with their child and learn proper holding techniques as well as how to encourage movement and instill positive attitudes in and around water with their child.

Cost:

(Includes all six classes)

School-age levels: \$27.00

Preschool levels: \$23.00

Register Online:

