



# Learn To Swim Program

**FEEES: \$50 Resident/ \$60 Non resident**

<b>March 26-April 11 M/W</b>	
4:30-5:10pm	1P,2P
4:30-5:15pm	Little Makos (4P)
5:20-6:00pm	1P, 3P
5:30-6:10pm	Parent & Tot
6:10-6:55pm	Jr. Makos/4/5
6:15-6:50pm	2,3
<b>April 16-May 2 M/W</b>	
4:30-5:10pm	2P,3P
4:30-5:15pm	Little Makos/4P
5:20-6:00pm	1P, 2P
5:30-6:10pm	Parent & Tot
6:10-6:55pm	Junior Makos (4/5)
6:15-6:50pm	1,2
<b>May 7-May 23 M/W</b>	
4:30-5:10pm	1P,2P
4:30-5:15pm	Little Makos (4P)
5:20-6:00pm	1P,3P
5:30-6:10pm	Parent & Tot
6:10-6:55pm	Jr. Makos (4/5)
6:15-6:50pm	1,2,3



<b>Saturday Classes</b>	
<b>Adult Beginner Swim Lessons</b> Ages 13 and up	
March 31-April 21	8:30-9:30am
April 28-May 19	8:30-9:30am
<b>Parent and Tot</b>	
March 31-May 26	9:45-10:15am

<b>Specialty Classes</b>	
<b>Drop-In Parent and Tot</b>	
<b>Fee: \$7.00/\$6.00 Resident Discount Fee</b> Fee is per class Class will not have a minimum or maximum or a set student to instructor ratio.	
March 26-May 23 Mon & Wed	9:45-10:15am

Classes may be cancelled, combined and/or changed at management's discretion.

Instructor to student ratio for Level 1p-Level 3 is 1:6, Level 4/5 & Parent/Tot is 1:10.

This publication is funded through program revenue. [www.pbgfl.com](http://www.pbgfl.com)



# Where Do I Place My Swimmer?

## **Parent & Tot** Ages: 6 months–3 yrs.

Class is intended to develop a level of comfort in and around the water. Parents will be provided with techniques to orient their child to the water.

## **Level 1P** Ages: 4-5 yrs. /**Level 1** Ages: 6-12 yrs

Entering & exiting the water, blowing bubbles, submerge mouth, nose and eyes, supported floating, alternating arm & leg action front & back, gliding, water safety rules.

## **Level 2P** Ages: 4-5 yrs. /**Level 2** Ages: 6-12 yrs.

Retrieve objects, unsupported floating & kicking, begin combined arm & leg action, introduction to deep water, head first entry, water safety rules.

## **Level 3P** Ages: 4-5 yrs./**Level 3** Ages: 6-12 yrs.

Retrieve objects, tread water, jumping in, rotary breathing, front crawl, scissor kicking, elementary backstroke, breaststroke kick, head first entry, survival floating, water safety.

## **Little Makos (Level 4P)** Ages: 4-5 yrs.

Swim under water, tread water, front and back crawl, elementary backstroke, breaststroke, sidestroke and butterfly, flutter and dolphin kicks on back. Swimmers may test for swim team at completion of this level. \*Participants should be able to swim 25 yards proficiently to enter into this class.

## **Junior Makos (Level 4/5)** Ages: 6-12 yrs.

Front & back crawl, breaststroke, elementary back stroke, sidestroke, butterfly, tread water, flip turns, standing dives, stride entry, compact entry. Swimmers may test for the swim team at completion of this level. \*Participants should be able to swim 25 yards proficiently to enter into this class.

## **Adult Beginner** Ages: 13 and up

Class is intended to develop a level of comfort in and around the water. Swimmers will be taught to their level which may include submerging mouth, nose and eyes, front and back float, alternating arm and leg action, gliding and survival swimming.

Classes may be cancelled, combined and/or changed to accommodate the levels of participants, weather, and/or staffing

Please call the weather hotline (561-630-1127) for weather cancellation details. Classes may be held in a classroom due to inclement weather.