

LEVEL	PURPOSE	COURSE CONTENT INCLUDES:
<p>Level I Introduction to Swimming</p> 	<ul style="list-style-type: none"> FOR THE CHILD THAT DOES NOT PUT THEIR FACE IN THE WATER Create a firm foundation for swimming and water safety skills Increase comfort level in the water and introduces face submersion and breath control Teach how to get out of the pool safely 	<ul style="list-style-type: none"> Proper entry and exit from pool Submerge mouth, nose & eyes Blowing bubbles and face in water Supported front and back float Supported front and back glide Safety rules, how to get out of the pool and get help in an emergency Fundamentals of using a life jacket
<p>Level II Basic Swimming Skills</p> 	<ul style="list-style-type: none"> FOR THE CHILD THAN CAN PUT THEIR FACE IN THE WATER Expand on fundamental swimming, water and safety skills Teach Freestyle and Backstrokes Teach side/rotary breathing 	<ul style="list-style-type: none"> Independent front and back float Turning over front to back, back to front Independent front and back glide Introduction to Freestyle Stroke & kick Introduction to Backstroke & kick Introduction to side/rotary breathing
<p>Level III Swimming Skill Development</p> 	<ul style="list-style-type: none"> FOR THE CHILD THAT SWIMS FREESTYLE AND BACKSTROKE INDEPENDENTLY Increase swimming skill competency and confidence Teach breaststroke and side stroke Increase breath control and side/rotary breathing skills 	<ul style="list-style-type: none"> Increase proficiency and stamina with freestyle and backstroke Improve rotary breathing efficiency Introduction to breaststroke Introduction to side stroke Treading water 30 seconds Self-rescue skills
<p>Level IV Advanced Swimming Skills</p> 	<ul style="list-style-type: none"> Refine Freestyle and Backstroke skills Increase distance and stamina for each stroke Teach butterfly and survival float Teach turns on wall used in competition racing 	<ul style="list-style-type: none"> Front crawl 25 yards Back crawl 25 yards Breaststroke and sidestroke 15 yards Introduction to Butterfly stroke and kicks Turns at the wall Survival float : one minute How to freestyle swim three or more (25 yard) laps with wall turns for competition

Morning Classes 4 Days a Week
Monday thru Thursday
 Session 1: June 6 – 16
 Session 2: June 20 – 30
 Session 3: July 11 – 27

Evening Classes 3 Days a Week
Monday-Wednesday-Friday
 Session 1: June 13 – 29
 Session 2: July 11 - 27

FEES:
 \$49 for Saginaw Residents
 \$59 for non-Saginaw residents
Eight 30-minute classes AM & PM



Session 1 – June 6 – June 16

Levels

9 am	1	2	4	Little & Me
9:40 am	1	2	3	Little & Me
10:20 am	1	2	3	-
11:00 am	Available for Private Lessons			



Session II - June 20 – June 30

Levels

9 am	1	2	3	Little & Me
9:40 am	1	2	4	Little & Me
10:20 am	1	2	3	-
11:00 am	Available for Private Lessons			



Session III – July 11 – July 21

Levels

9 am	1	2	3	Little & Me
9:40 am	1	2	3	Little & Me
10:20 am	1	2	4	-
11:00 am	Available for Private Lessons			

SWIM LESSON

REGISTRATION GUIDELINES

Early registration is suggested as classes fill up quickly. **Register at Saginaw Rec Center**
Residents Registration Begins: 4/2 and
Non-Resident Registration Begins: 4/16.

1. All classes have limited enrollment.
2. Questions? Please call 817-230-0350
3. All Registrations in person only.
4. Payment is due at the time of registration.



Evening Classes

Session 1 – 6/13 - 29 Session II – 7/11 – 27

Levels

7:15 pm	1	2	3	Little & Me
7:55 pm	1	2	4	Little & Me



“LITTLE & ME”

A parent-caregiver/child class, designed for kids 1 - 3 years of age. Water safety, swim and exit skills are taught, all while having fun and singing nursery rhymes.

For further information, please call
682-200-7865

2016 SUMMER
SWIM LESSON SCHEDULE
City of Saginaw
Aquatic Center



In cooperation with

Off The Deep
 5410 Basswood Blvd, Box #5
 Fort Worth, Texas 76137
 682-200-7865

End Aquatics

SWIM LESSON CLASS LOCATION:

Saginaw Aquatic Center
 605 West McLeroy Blvd.
 817-230-0350

REGISTRATION AT THE
Saginaw Rec. Center
633 W. McLeroy Blvd
Saginaw 76179

Saginaw Residents Only: Begins April 2
 Open Registration: Begins April 16

For more information, please call
817-230-0350

Find out what level to enroll your child
in at our

FREE EVALUATION
 May 27th from 6 – 8PM
 At the Aquatic Center