



Triangle 2019 Swim Lesson Schedule

COME LEARN HOW TO SWIM THIS SUMMER!

- Offering group and private lessons beginning Monday, June 24, 2019
- Lessons are offered in weekly sessions – each session is Monday through Friday and last 30 minutes. Specific times for each level are listed below.
- To register, complete a Swim Lesson Registration form **at least 4 days prior to the start of the desired session** and either email to lessons@trianglepool.org, or print and deliver to the pool office.
- Payments for the lesson must be completed on the first day of lessons for that session.
- Preschool lessons are for ages 3-5 and youth levels for ages 6+.
- Non-members please note that after your lesson you must exit the pool area. General pool use begins at 12:15pm and is for members only.
- We cap our lesson size to 5 students, and classes do fill up fast so please register in advance to ensure that you have a spot.
- Our swim lessons have a minimum enrollment of 2 students per class. If your child is the only one enrolled for a class the Friday before the start of the session, our lesson coordinator will contact you and make arrangements.
- For more information send an email to lessons@trianglepool.org

TIME	MONDAY-FRIDAY
10:30am	Swim Lessons Levels P1, Y2, Y4 & Y5
11:00am	Swim Lessons Levels P1, P2, Y3, & Y5
11:30am	Swim Lessons Levels P2, Y1, Y2, & Y4

SESSION	DATES
S1	Monday, June 24 through Friday, June 28
S2	Monday, July 1 through Friday, July 5
S3	Monday, July 8 through Friday July 12
S4	Monday, July 15 through Friday, July 19
S5	Monday, July 22 through Friday, July 26
S6	Monday, July 29 through Friday, August 2
S7	Monday, August 5 through Friday, August 9
S8	Monday, August 12 through Friday, August 16
S9	Monday, August 19 through Friday, August 23

Group and Private Lesson Pricing:

Members

Group	\$50/wk
Private	\$30/lesson

Non-Members

Group	\$75/wk
Private	\$45/lesson

Group lessons contain 2-5 age appropriate swimmers per group

Private lessons contain 1 swimmers per thirty minute lesson

P1 - Preschool Level 1

Designed for preschool aged children as an introduction to basic aquatic skills and fun in the water, this class is recommended for preschool age children from age 3-5 who have had no previous swim lesson experience or can't swim independently yet.

P2 - Preschool Level 2

Introduces students to swimming on their own. **Requirements:** Swimmer can submerge rhythmically 5 times, float on front and back independently for 5 seconds, as well back float by themselves, and swim at least 1 full body length with their face underwater. This class is designed to teach students streamline on their stomach, rollovers while swimming, backstroke, as well as deep end safety.

Youth 1: Introduction to Water Skills

Helps students feel comfortable in the water and to enjoy the water safely. **Requirements:** Designed for novices with little or no swimming experience.

Youth 2: Fundamental Aquatic Skills

Gives students success with fundamental skills and introduces front and back crawl stroke. **Requirements:** Swimmer can enter the water unassisted; bob 5 times submerged while blowing bubbles and safely exit the water. Float on front and back with face in water for 5 seconds. Also, swim 15 feet on front and back.

Youth 3: Stroke Development

Builds on the skills in Level 2 by providing additional guided practice, as well as introducing students to breaststroke kick, dolphin kick, and deep end dives and safety. **Requirements:** Move into a front float for 10, back float for 10 seconds and return to a standing position. Push off and swim using a combination of arm and leg actions for 20 feet on front and back.

Youth 4: Stroke Improvement

Develops confidence in the strokes previously learned and learn other aquatics skills, introduces breast stroke and butterfly. **Requirements:** Swimmer can jump into chest deep water from side, swim front crawl 15 yards with face in water with rhythmic breathing, maintain position by treading or floating for 30 seconds and swim back crawl for 15 yards. Swimmer should know Dolphin kick, whip kick, scissor kick, and elementary back stroke.

Youth 5: Stroke Refinement

Provides further coordination and refinement of strokes. **Requirements:** Swimmer can perform a standing dive into deep water, swim front crawl for 25 yards, maintain position on the back 1 minute in deep water (floating or sculling) and swim elementary backstroke for 15 yards. Swim breaststroke for 15 yards, tread water for 1 minute and swim back crawl for 25 yards.

Private Lessons:

There will be instructors available to teach private lessons at every half hour point within the block of lessons. If you are interested in these lessons please email us at lessons@trianglepool.org call **(425) 474-9975**.