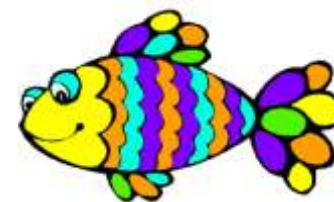


PENDLETON AQUATIC CENTER
Learn to Swim Program - 2009

Session 1 **June 22 – July 2**
Session 2 **July 6 – July 16**
Session 3 **July 20 – July 30**
Session 4 **August 3 – August 13**



Level	Description	Session Offered	Time
Parent/Tot	Students 6 months and up participate in lessons with a parent or guardian	Session 1-4	11:00 am – 11:30 am
Dolphins (3-4 years old)	Students learn to feel comfortable in the water and enjoy the water safely. Students begin floating and basic skills.	Sessions 1-4	10:00 am – 10:30 am or 10:45 am – 11:15 am
Level I Water Exploration (5 and up)	Students learn basics in water safety and learn swimming fundamentals such as floating and kicking.	Sessions 1-4 Sessions 1 & 4	10:00 am – 10:30 am or 10:45 am – 11:15 am 6:30 pm – 7:00 pm
Level II Primary Skills (Beginner)	Course objective is to give students success with fundamental skills. Students learn front and back float and begin breath control.	Sessions: 1-4 Sessions 2 & 3	9:45 am – 10:30 am or 10:45 am – 11:30 am 6:30 pm – 7:15 pm
Level III Stroke Readiness (Advanced Beginner)	Students work on coordinating front and back crawl, introduction to elementary backstroke, kick, treading water and basic diving.	Sessions 1-4	9:45 am – 10:30 am or 10:45 am – 11:30 am
Level IV Stroke Development (Intermediate)	Students increase endurance by swimming elementary backstroke, front back crawl, introduction to breaststroke and sidestroke. Students learn basics of CPR.	Session 1-4	9:45 am – 10:30 am or 10:45 am – 11:30 am
Level V Stroke Refinement (Swimmer)	Students refine front and back crawl and learn to perform sidestroke and breaststroke. Students are introduced to butterfly. Students learn rules for safe diving from the board.	Sessions 2 & 3	9:30 am – 10:15 am
Level VI Skill Proficiency (Advanced Swimmer)	Students perfect strokes so they swim with more ease, efficiency, power and smoothness over a greater distance. Springboard diving and advanced rescue skills are learned here.	Sessions 3 & 4	10:45 am – 11:30 am

For private lessons, contact the Learn to Swim Coordinator during open hours at 276-0104.