

# Swimming Programs

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HERE to  
register  
online!

## SWIMMING lessons

### Outdoor Lessons

#### Splash Pool Lessons

Summer Session: July 11th - 21st

Lesson Time/Days: 2-week session  
Monday-Thursday

#### Preschool Lessons (Ages 3-5)

9:45 - 10:15 a.m. Preschool Level 1  
9:45 - 10:15 a.m. Preschool Level 2

#### Youth Lessons (Ages 6 and older)

10:20 - 10:50 a.m. Level 1

#### Northview Pool Lessons

Summer Session: July 12th - August 4th

Lesson Day: Tuesday and Thursday

#### Youth Lessons (Ages 6 and older)

6:15 - 6:45 p.m. Level 1 & 2  
6:50 - 7:20 p.m. Level 3 & 4

More lessons may be added - watch the City's website and Facebook page for more information.

### Level Descriptions

Preschool Level 1	Preschool Level 2	Level 1
Introduction to water with basic safety skills, assisted front and back floats, basic kicking and submersion.	Builds off of safety and swim skills from Minnow level with integrated kicking, elementary front and backstroke, and independent float.	Practice previously learned skills, additional safety rules, practice retrieving objects, treading water, breathing, working on elementary backstroke and kicking, learn front paddle or crawl stroke.
Level 2	Level 3	Level 4
Incorporates reach and throw assists, learn more advanced frontstroke, backstroke, and breaststroke techniques, practice treading water and diving.	Practice standing dive into deep water, develop backstroke and breaststroke techniques, and practice freestyle swim.	Development of previous skill levels, including diving, stroke development, endurance, and open turns on back and front.



#### Registration opens Monday, May 23rd

Online Registration: 8 a.m.  
In-Person Registration: 8 a.m. - 4:30 p.m.

#### Fees:

Resident: \$50 per session  
Non-Resident: \$60 per session