

DUNSMUIR RECREATION & PARKS DISTRICT
DUNSMUIR COMMUNITY POOL
235-2339

SESSION 1: July 9-20, 2018
 SESSION 2: July 23-Aug 3, 2018

INSTRUCTORS RESERVE THE RIGHT TO CHANGE YOUR CHILD'S CLASS LEVEL IN ACCORDANCE WITH THEIR SWIMMING SKILLS ON THE FIRST DAY OF CLASS. **PLEASE MAKE EVERY EFFORT TO REGISTER YOUR CHILD IN THE CORRECT LEVEL.** REGULAR ATTENDANCE DURING THE TWO WEEK SESSIONS IS **VERY IMPORTANT** IN ORDER FOR YOUR CHILD TO COMPLETE ALL SKILL REQUIREMENTS.

RECREATION DISTRICT OFFICE **REFUND POLICY** - NO CASH REFUNDS - PLEASE DON'T ASK. CREDIT MAY BE GIVEN FOR OTHER SWIM CLASSES OR DISTRICT PROGRAMS.

PLEASE!! NO OBSERVERS INSIDE THE POOL AREA UNTIL THE LAST DAY OF SESSION. THANK YOU!!

<u>CLASS</u>	<u>SESSION</u>	<u>TIME</u>	<u>CLASS DESCRIPTION</u>

PRE-SCHOOL A (3-5)	1, 2	12:10	To develop in young children (3-5 years) a high comfort level in and around the water and a readiness to swim. This course does not teach children to be accomplished swimmers or to survive in the water
PRE-SCHOOL B (3-5)	1, 2	12:10	This level will introduce water adjustment, submerge face, floating, alternating arm action and safety rules, with help of instructor.
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LEVEL 1 "WATER EXPLORATION"	1, 2	12:10	This level will introduce water adjustment, sub-merge face, floating, alternating arm action and safety rules, with help of Instructor.
LEVEL 2 "PRIMARY SKILLS" (Ages 6 & over)	1, 2	11:30	Demonstrate competency in Level 1 skills. Will introduce fully submerged head, explore deep water, float, level off, rhythmic breathing, turning over, combined strokes on front and back, and safety rules.
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LEVEL 3 "STROKE READINESS"	1, 2	11:00	Demonstrate competency in Level 2 skills. This class will introduce retrieving an object with open eyes, diving, bobbing, diving from edge, crawl stroke on front and back, demonstrate elementary backstroke, treading water, and safety rules.
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LEVEL "STROKE DEVELOPMENT"	1, 2	10:30	Demonstrate competency in Level 3 skills. This class will build endurance in elementary backstroke, front crawl and back crawl, the basics of breaststroke, sidestroke and turning at the wall, alternate kicks for treading water, and safety skills.
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LEVEL 5 "STROKE REFINEMENT"	1, 2	10:30	Demonstrate competency in Level 4 skills. Objectives will be to demonstrate alternate breathing, diving from diving board, new water entries, increase endurance in front crawl, back crawl and elementary backstroke, refine breaststroke and sidestroke, dolphin kick, and safety rules.
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LEVEL 6 "SKILL PROFICIENCY"	1, 2	11:00	Demonstrate competency in Level 5 skills. Objective will include advanced diving skills, enhance ability to perform strokes introduced at previous levels, perform approach stroke, flip turns, surface dives, throwing rescues, roll spinal "victim" to face up position, and safety rules.

SESSION 2 ONLY: MOMMY & ME CLASS @12:00 MONDAY, WEDNESDAY, & FRIDAY FOR 3 WEEKS ONLY (MINIMUM OF FIVE (5) PARTICIPANTS NECESSARY TO HAVE CLASS) DATES TO BE ANNOUNCED IF ENOUGH SIGN-UPS

SIGN UPS BEGIN JUNE 12th at Dunsmuir Recreation District Office 530.235.4740,
 Or ask in person at Pool Office June 12th.