

LEARN TO SWIM



Summer Swim Lessons at Genoveva Chavez CC & Bicentennial Pool

June 5 - August 4

Registration Starts May 26

Lessons are organized into 4 sessions with multiple levels of instruction per session (for a breakdown of each session see back of sheet). Each session cost \$60. Online reservations for spots will be open during the following dates:

Session 1: May 26 | 8AM - June 2 | 5PM

Session 2: June 7 | 8AM - June 9 | 5PM

Session 3: June 21 | 8AM - June 23 | 5PM

Session 4: July 12 | 8AM - July 14 | 5PM

To reserve your spot, first sign up online by scanning the QR code or by visiting:

<https://www.signupgenius.com/go/10c0f44a8af28aaf5c70-live#/>



After reserving a spot, download, print, and complete the registration and waiver form available on the signup form landing page, and bring it to GCCC or Fort Marcy Recreation Center along with payment for the session. Forms and payment must be received prior to the close of the reservation window for each session or the spot will be forfeited.

*FORE kids application are due on the Thursday before the registration closure date for a reduced rate.



Swim Lesson Levels

Before registering your child, please use the course milestones (below) to determine their current swimming abilities and ensure they are signed up for the appropriate swim lesson level. If your child can perform all the skills outlined in a level, then they are ready to be registered for the next level up. *Example: if your child can perform the skills in the Pre-School list, sign them up for Level 1.*

Parent + Tot

- Parent in water with child
- Water comfort with supported exploration

Preschool

- Individual exploration
- Water comfort
- Bubble blowing
- Safety & depth understanding
- Pool awareness

Level 1

- Water familiarity
- Reach 3ft. depth on their own
- Head submersion
- Beginning swimming body positioning front and back
- Supported back float
- Emergent supported arm action
- Emergent supported kick

Level 2

- Front and back floating on their own
- Submerged bubble blowing through nose
- Stepping into and out of the pool using ladder
- Bobbing in depths
- Rolling front to back
- Combined arm and leg action

Level 3

- Jump into deep water
- Rotary breathing
- Unsupported water tread
- Front crawl
- Elementary backstroke

Level 4

- 25 yards of front crawl & elementary backstroke
- 15 yards breaststroke, back crawl, butterfly, & side stroke
- Swim stroke refinement
- Open turns on front and back
- Reaching and throwing assists safety focus

Bicentennial Pool Swim Lesson Schedule

Session 1: June 6th - 16th		
9:00AM - 9:30AM	9:45AM - 10:15AM	12:15AM - 1:00PM
Preschool	Parent + Tot	Level 4
Level 1	Level 1	Level 3
Level 1	Level 1	
Level 2	Level 2	

Session 2: June 20th - 30th		
9:00AM - 9:30AM	9:45AM - 10:15AM	12:15AM - 1:00PM
Preschool	Parent + Tot	Level 3
Level 1	Level 1	Level 4
Level 1	Level 2	
Level 2	Level 2	

Session 3: July 11th - 21st		
9:00AM - 9:30AM	9:45AM - 10:15AM	12:15AM - 1:00PM
Preschool	Parent + Tot	Level 4
Level 2	Level 1	Level 3
Level 3	Level 2	
Level 4	Level 3	

Session 4: July 24th - August 4th		
9:00AM - 9:30AM	9:45AM - 10:15AM	12:15AM - 1:00PM
Preschool	Parent + Tot	Level 3
Level 2	Level 1	Level 4
Level 3	Level 2	
Level 4	Level 3	

GCCC Pool Swim Lesson Schedule

Session 1: June 5th - 15th	
10:45AM - 11:15AM	11:30AM - 12:00PM
Preschool	Parent + Tot
Level 1	Level 1
Level 1	Level 2
Level 2	Level 3

Session 2: June 19th - 29th	
10:45AM - 11:15AM	11:30AM - 12:00PM
Preschool	Parent + Tot
Level 1	Level 2
Level 2	Level 3
Level 3	Level 4

Session 3: July 10th - 20th	
10:45AM - 11:15AM	11:30AM - 12:00PM
Level 1	Parent + Tot
Level 2	Level 1
Level 3	Level 2
Level 4	Level 3

Session 4: July 24th - August 3rd	
10:45AM - 11:15AM	11:30AM - 12:00PM
Parent + Tot	Preschool
Level 2	Level 1
Level 3	Level 2
Level 4	Level 3