

Swim Lessons

Tadpoles ~ Parent & Child Level 1 (Tad)		Ages 6 months - 2 years
Getting wet with toys	In and out of water exploration	Blowing bubbles on the surface
Getting wet kicking	Underwater exploration	Front and back float
Enter/exit water with help, or by walking in	Passing from instructor to parent	Safety rules
Pollywogs ~ Parent and Child Level 2 (Pol)		Ages 2 - 4
Exploring the pool (shallow water)	Open eyes under water, retrieve object	Combined arm and leg action on front and back
Bobbing	Roll over from front to back, back to front	Passing between adults
Enter/exit water independently	Perform front and back glide	Safety rules
Minnnows ~ Preschool Aquatics (Min)		Ages 2 - 4
Open eyes under water, retrieve object	Combined arm and leg action on front and back	Jump into water alone and swim back to wall
Turn front to back/back to front	Learn correct kicks with kick board	Swim 5 yards on front (rolling on back to breathe)
Enter/ exit water using ladder, steps or side	Prone/supine float for 10 seconds, unaided	Safety rules
Level 1 ~ Introduction to Water Skills (L1)		Ages 5 and over
<i>Purpose:</i> Helps students feel comfortable in the water. Level 1 participants learn to:		
Enter and exit water safely	Open eyes underwater, pick up submerged object	Swim on front and back using arm & leg motions
Exhale underwater through mouth and nose	Float on front and back	Follow basic water safety rules
Front and back glide	Explore arm and hand movements	Use a life jacket
Level 2 ~ Fundamental Aquatic Skills (L2)		Ages 5 and over
<i>Purpose:</i> Gives students success with fundamental skills. Level 2 participants learn to:		
Enter water by stepping or jumping from the side	Float on front and back	Swim on front and back using combined strokes
Exit water using ladder, steps or side	Perform front and back glide	Tread water using arm and leg motions
Submerge entire head	Roll over from front to back, back to front	Move in the water while wearing a life jacket
Level 3 ~Stroke Development (L3)		Ages 6 and over
<i>Purpose:</i> Builds on the skills in Level 2 through additional guided practice. Level 3 participants learn to:		
Jump into deep water from the side	Perform front and back glide	Tread water, 30 seconds (deep water)
Dive from kneeling or standing position	Perform front and back crawl	Perform a reaching assist
Submerge and retrieve an object	Perform elementary backstroke	Use Check-Call-Care in an emergency
Use rotary breathing in horizontal position	Bob with the head fully submerged	Dolphin-kick and body motion
Level 4 ~Stroke Improvement (L4)		Ages 6 and over
<i>Purpose:</i> Develops confidence in the skills learned and improves other aquatic skills. Level 4 participants learn to:		
Dive from stride position	Perform butterfly stroke	Perform feet-first surface dive
Perform front and back crawl	Perform sidestroke	Perform compact jump into water
Perform elementary backstroke	Tread water using different kicks, 2 minutes	Perform a throwing assist
Perform breaststroke	Perform front and back stroke flip turns	Survival swimming
Level 5 ~Stroke Refinement (L5)		Ages 6 and over
<i>Purpose:</i> Provides further coordination and refinement of strokes. Level 5 participants learn to:		
Tread water, 5 minutes	Standard scull, 30 seconds	Perform sidestroke
Perform shallow-angle dive	Perform front flip turn and backstroke flip turn	Perform breaststroke
Perform front and back crawl	Perform elementary backstroke	Perform rescue breathing
Perform butterfly stroke	Perform shallow dive, glide 2 body lengths and begin front stroke	
Level 6 ~Swimming and Skill Proficiency (L6)		Ages 6 and over
<i>Purpose:</i> Refines strokes so students swim with ease, efficiency, power and smoothness over greater distances. Level 6 is designed with "menu" options that each focus on preparing students to participate in more advanced courses, including Water Safety, Guard Start and Lifeguard Training courses.		
Special Apples (SA)		Ages 5 and over
A special time is set aside for individuals with developmental disabilities. The objective of this course is to help students to feel and become more comfortable in the water and enjoy it safely. One attendant per participant is allowed in the water (must be 18 or over). Maximum of 3 students per class.		

<i>Saturday Swim Lessons</i>	
Teen Lessons (TB)	Ages 13 - 17
Teens will learn breathing, floating, water safety, stroke readiness and stroke development. Teen lessons are designed with "menu" options. Class is two Saturdays for 1 hour.	
Adult Lessons (AD1)	Ages 18 & over
This class is designed to introduce the inexperienced or fearful adult to the water. The objective of this course is to help students to feel and become more comfortable in the water and enjoy it safely. Class is two Saturdays for 1 hour.	
Adult Lessons ~ Not so terrified of water (AD2)	Ages 18 & over
This class marks the introduction of true swimming strokes. Sound watermanship and complete independence is achieved in this level. Class is two Saturdays for 1 hour.	

2012 SATURDAY Swim Lessons					
2 Saturday Lessons (1 hour)	Session A	Session B	Session C	Session D	Session E
	6/2 - 6/9 Cost: \$25	6/16 - 6/23 Cost: \$25	6/30 - 7/7 Cost: \$25	7/14 - 7/21 Cost: \$25	7/28 - 8/4 Cost: \$25
9:40 - 10:40am	AD 1 TB	AD2 TB	AD1 TB	AD2 TB	AD1 TB
10:45 - 11:45 am	AD2 TB	AD1 TB	AD2 TB		AD1 TB

Swim Fair

Registration for summer swim lessons

Saturday, May 19th
@ Town Hall
7:30 - 11:30 am

Apple Valley Residents Only
from 7:30 - 10 am

Non-Residents can register starting at 10 am or whenever the Apple Valley line is empty.



- Proof of residency required (picture ID & utility bill)
- Only a parent or legal guardian can register children for classes
- Free child care provided
- Swim lesson schedule will be available May 1st
- Enroll carefully as there are NO refunds, transfers or credits
- Line will form in between Town Hall and the Police Department - next to the white gazebo

2012 Swim Lessons

(see pages 6 and 7 for class descriptions and levels)

No swim lessons on 7/4

	Session 1	Session 2	Session 3	Session 4	Session 5	Session 6	Session 7
	5/21 - 6/1 Cost: \$35	6/4 - 6/15 Cost: \$35	6/18 - 6/29 Cost: \$35	7/2 - 7/13 Cost: \$32	7/16 - 7/27 Cost: \$35	7/30 - 8/10 Cost: \$35	8/13 - 8/24 Cost: \$35
9:40 - 10:15 am		Tad Min L1 L1 L2 L2 L3 L4	Pol Min Min L1 L2 L3 L4 L5	Tad Min L1 L1 L2 L3 L4 SA	Pol Min L1 L2 L3 L3 L5 L6	Tad Min L1 L2 L3 L4 L5	Pol Min L1 L1 L2 L2 L3 L4
10:20 - 10:55 am		Pol Min Min L1 L2 L2 L3 L5	Tad Min L1 L1 L2 L3 L4 L6	Pol Min L1 L2 L3 L3 L5 L6	Tad Min L1 L1 L3 L3 L4 SA	Pol Min L1 L2 L3 L4	
11:00 - 11:35 am		Tad Min L1 L1 L2 L3 L4 SA	Pol Min Tad L1 L2 L2 L3 L5	Tad Min L1 L2 L3 L4 L5	Pol Min L1 L1 L2 L2 L3 L4		
11:40 - 12:15 pm		Pol Min Tad L1 L2 L3 L5 L4	Tad Min L1 L2 L3 L4 L5 SA	Pol Min L1 L1 L2 L3 L4 L6	Tad Min L1 L1 L2 L3 L4 L5		
4:15 - 4:50 pm	Tad Min L1 L1 L2 L2 L3 L4	Tad Min L1 L1 L2 L3 L4 L6	Pol Min L1 L1 L2 L3 L5 L6	Tad Min L1 L2 L3 L4 L6 SA	Pol Min L1 L2 L3 L4 L5 L6	Tad Min L1 L1 L2 L3 L4 L6	Pol Min L1 L3 L4 L5
4:55 - 5:30 pm	Pol Min L1 L1 L2 L2 L3 L5	Pol Min L1 L1 L2 L3 L5 SA	Tad Min L1 L2 L3 L4	Pol Min L1 L2 L3 L5	Tad L1 L1 L2 L3 L4 L5	Pol L1 L2 L3 L4 L5	Tad L2 L3 L4 L6

Enjoy lap swim until 11:00 am
while your children are in swim lessons.

Guard Start

Ages 12 & Up

Build self-esteem, job skills and long-lasting friendships while learning how to prevent aquatic emergencies. Course is two weeks. 20 hours of volunteer time is required for completion. Registration for Apple Valley residents begins on May 19 at the Swim Fair.

Activity Fee: \$37

Location: Civic Center Park Aquatic Center

<i>Date:</i>	<i>Day:</i>	<i>Time:</i>
June 4 - 15	M - F	4:30 - 5:30 pm
June 18 - 29	M - F	4:30 - 5:30 pm

