

2016 SUMMER SWIM SCHEDULE

Summer Daytime Lessons Classes Meet Monday - Thursdays

| CLASS TIMES | DAYS | CLASSES | SESSION DATES |
|----------------|--------|------------------------|----------------------|
| 9:00-9:40 am | M-THUR | AQKD, Level 1, 2 | 1: June 13-23 |
| 9:40-10:20 am | M-THUR | AQKD, Level 1, 3 | |
| 10:30-11:10 am | M-THUR | AQKD, Level 1, 2 | 3: July 11-21 |
| 11:10-11:50 am | M-THUR | PTOT, AQKD, Level 1, 4 | |
| 1:00-1:40 pm | M-THUR | AQKD, Level 1, 2, 3 | |
| 1:40-2:20 pm | M-THUR | AQKD, Level 1, 2, 4 | |
| 2:30-3:10 pm | M-THUR | AQKD, Level 1, 2, 5 | |
| 3:10-3:50 pm | M-THUR | AQKD, 1, 2, 3 | |

| CLASS TIMES | DAYS | CLASSES | SESSION DATES |
|----------------|--------|---------------------|--|
| 9:00-9:40 am | M-THUR | AQKD, Level 1, 2, 3 | 2: June 27 - July 8 *No class on July 4 |
| 9:40-10:20 am | M-THUR | AQKD, Level 1, 2, 4 | |
| 10:30-11:10 am | M-THUR | AQKD, Level 1, 2, 3 | 4: July 25-August 4 *No class at 1:00 pm |
| 11:10-11:50 am | M-THUR | AQKD, Level 1, 2, 5 | |
| *1:00-1:40 pm | M-THUR | AQKD, Level 1, 2, 3 | |
| 1:40-2:20 pm | M-THUR | AQKD, Level 2, 3, 4 | |
| 2:30-3:10 pm | M-THUR | AQKD, Level 1, 2, 3 | |
| 3:10-3:50 pm | M-THUR | PTOT, AQKD, 1, 3, 5 | |

Evening Swim Lessons

| CLASS TIMES | DAYS | CLASSES | SESSION DATES |
|--------------|------|------------------------|---------------------------|
| 5:45-6:25 pm | M/W | PTOT, AQKD, Level 2, 3 | 1E: June 6-29 |
| 6:25-7:05 pm | M/W | AQKD, Level 1, 2, 4 | |
| 7:05-7:45 pm | M/W | AQKD, Level 1, 2, 3 | 3E: July 11-Aug. 3 |

| CLASS TIMES | DAYS | CLASSES | SESSION DATES |
|--------------|------|----------------------|---------------------------|
| 5:45-6:25 pm | T/TH | AQKD, Level 1 | 2E: June 7-30 |
| 6:25-7:05 pm | T/TH | PTOT, AQKD, Level 2 | |
| 7:05-7:45 pm | T/TH | Adult, Level 3, 4, 5 | 4E: July 12-Aug. 4 |

FEES PER PERSON ARE:
\$26.00 / City Resident
\$39.00 / Non-City Resident



Swimming Lessons are available to everyone!! All lessons are taught at the Watertown Indoor Pool which is located in Riverside Middle School at 131 Hall St. Each class is scheduled for eight 35 minute sessions with 5 minutes built in for parent - teacher interaction at the end of each session. Swim lessons are scheduled at a variety of dates and times so you can choose what fits your schedule best. Be sure to review the swim lessons course descriptions which briefly outline course content. Not sure of where your swimmer fits in? Give us a call at the office -- we'll be glad to assist you!

TO REGISTER.....

Beginning Monday, May 2, 2016, people who reside in the Watertown Unified School District may register by either mailing-in or dropping-off their registration form. Please use the guidelines listed below to facilitate this process:

1. Class fees must accompany each registration. Make checks payable to: "City of Watertown"
2. Use the provided registration form.
3. List three choices in spaces provided on your registration form.
4. **Include a self-addressed, stamped envelope so that we may send you a confirmation of your registration - for mail-in/drop-off only. (A \$50 charge will be assessed for non compliance to cover the cost of stamps, envelopes and processing.)**
5. After completing one session, you can then re-register for a second session. One registration at a time.

Beginning Monday, May 9, 2016, registration shall be taken in-person at the Watertown Park and Recreation Department. This registration includes those people who reside outside of the Watertown Unified School District. All in-person registration shall be processed on a first-come, first-serve basis.

SWIMMING LESSON CLASS DESCRIPTIONS



PTOT -Parent and Tot

This is a structured recreational activity for parents and their children (6 months to 3 years of age).

Aquakids – 4-6 years old

Exit Skills: Demonstrate both front and back float skills, put face in the water and blow bubbles, submerge head and demonstrate bobs, without assistance jump off and swim/paddle back with confidence, follow directives from instructor.

Level 1 – must be 5 years old

Exit Skills: Jump into water, swim/paddle on front for 5 yards, float on front with face in for 5 seconds, roll to back, float on back for 5 seconds, recover to a standing position, return to the wall on front, swim/fin on back for 5 yards, roll over, swim/paddle back to the wall on front, perform 5 bobs fully submerging head, blowing bubbles and eyes open.

Level 2 – successfully complete Level 1 exit skills

Exit Skills: Push off the wall into a front glide for 5 yards, then swim front crawl with rhythmic breathing for at least 10 yards, push off into a back glide for 5 yards, then swim back crawl for at least 10 yards, tread water for 30 seconds, demonstrate elementary backstroke kick for at least 5 yards, demonstrate sidestroke kick for at least 5 yards, pick up a submerged object from pool bottom with eyes open.

Level 3 – successfully complete Level 2 exit skills

Exit Skills: Dive (compact/kneeling) into the water, swim front crawl with rhythmic breathing for 15 yards, then maintain position by treading water for 1 minute, then swim back crawl for 15 yards, demonstrate combined elementary backstroke for at least 10 yards, demonstrate breaststroke kick for at least 10 yards, demonstrate scissors kick for at least 10 yards, demonstrate butterfly kick and body motion for at least 5 yards.

Level 4 – successfully complete Level 3 exit skills

Exit Skills: Swim front crawl with rhythmic breathing for 25 yards, then maintain position on back for 2 minutes (floating or sculling), then swim back crawl for 25 yards; dive into deep water from a standing position, then tread water for 2 minutes using 2 different kicks; swim continuously using the following strokes: 25 yds of breaststroke, sidestroke, elementary backstroke; demonstrate butterfly for at least 15 yds; demonstrate survival float for at least 2 minutes.

Level 5 – successfully complete Level 4 exit skills

Exit Skills: Swim continuously using the following strokes – 50 yards of front crawl with rhythmic breathing and flip turn, 50 yards of back crawl with flip turn, 50 yards of elementary backstroke, 50 yards of breaststroke, 50 yards of sidestroke, 25 yards of butterfly, demonstrate survival float for 5 minutes, demonstrate survival swimming for 5 minutes, demonstrate a long shallow dive into deep water, then tread water for 5 minutes using at least two different kicks, no arms for 1 minute, demonstrate surface dives (feet-first, tuck and pike positions).