

SWIM LESSONS

for ages 3-years through 8th grade

The Butterfield Park District is offering swim lessons in water safety and stroke work. Students will be tested the first day of lessons and placed into one of five skill levels. Students will be taught the skills they need to progress into successful swimmers.

The following weather conditions are considered inclement weather: thunder, lightning, cold, and heavy or continuous rain. The pool is heated and will be kept at 78-80 degrees.

All lessons are ½ hour long.

AM Sessions meet 9 times per session: Week 1 meets Monday-Friday

Week 2 meets Monday-Thursday

(Friday of week two may be used for ONE make-up day, due to possible inclement weather. If weather continues to be a threat, class will be canceled and there will be no more make-up classes. See the lesson coordinator for specific make-up classes for your session.)

PM Sessions meet 8 times per session: Week 1 meets Mon, Tue Thu, Fri

Week 2 meets Mon, Tue, Thu, Fri

(There are no PM classes on Wednesdays due to swim meets.)

There will be one safety training day, out of the water, per session.

<u>TIMES</u>	<u>LEVELS</u>	<u>SESSION 1</u>	<u>SESSION 2</u>	<u>SESSION 3</u>	<u>SESSION 4</u>
		June 15-26	June 29-July 10	July 13-24	July 27-Aug 7
		Register by: 6/10 . . .	Register by: 6/24 . . .	Register by: 7/8 . .	Register by: 7/22
9:00-9:30am	1-6	6201.291	6201.292	6201.293	6201.294
9:40-10:10am	1-5	6202.291	6202.292	6202.293	6202.294
10:20-10:50am	1-5	6203.291	6203.292	6203.293	6203.294
5:00-5:30pm	1-5	6204.291	6204.292	6204.293	6204.294
5:40-6:10pm	1-5	6205.291	6205.292	6205.293	6205.294
6:20-6:50pm	1-5	6206.291	6206.292	6206.293	6206.294

FEES PER SESSION: AM \$30 BPD Residents/\$50 Non-residents
 PM \$27 BPD Residents/ \$45 Non-residents
 Camp Participants (9:00am only) \$27 BPD Residents/\$45 Non-residents
 (for children enrolled in summer camp: due to the camp's field trip days, campers will miss one day of swim lessons per week. Instructors are aware of this and the fee reflects this.)

Parent/Tot Swim Lessons

Parent/Tot Swim Lessons teach your children basic water safety in a fun way designed for the parent and child to work together under instructor supervision. Through games and water activities with their parent/guardian the children become comfortable in the water. This class is for children 18-months to 3-years. One child per parent. Child must wear water pants.

AGE: 18 months-3-years
DAY/TIME: Sundays/11:00-11:45am
DATES: June 28-July 26
CODE: 6207.291
FEE: \$30 BPD Residents/\$50 Non-Residents
DEADLINE: June 19

Private/Semi-Private Swim Lessons

(Semi private for family members only.)
 Private lessons are ideal for students who need one-on-one instruction. These lessons are ½ hour long and are offered from June 15-August 7. Purchase individually or in a package of 8 and receive two free! Must register at the BPD Front Office.

AGE: 3-Adult
DAYS/TIMES: Time will be scheduled once instructor has been assigned. Each session is 30 minutes.
CODE: 6208.291
FEE: \$15 per individual session or a book of 10 for \$120





Level 1: Guppy

- Put face in water and blow bubbles
- Put head under water
- Jump in the pool to an instructor
- Hold onto the side of the pool and kick
- Knows basic arm positions for Front Crawl
- Be able to push off the wall and kick to an instructor while keeping face underwater

Level 2: Goldfish

- Put face in the water and listen to the fishes
- Put ear in the water and listen to the fishes
- Know Front Crawl arm positions
- Kick with a kickboard and alternate arms (Front Crawl)
- Be able to float on back
- Know basic Elementary Backstroke positions
- Back float with the kickboard (with an instructor)
- Be able to push off the wall and implement Front Crawl to an instructor

Level 3: Jellyfish

- Knows rotary breathing for Front Crawl
- Kick with a kickboard utilizing rotary breathing and alternating arms (Front Crawl)
- Knows Backstroke arm positions
- Jump in the pool and swim back to the wall
- Be able to push off the wall and implement Elementary Backstroke
- Be able to push off the wall and implement Front Crawl and rotary breathing to an instructor

Level 4: Swordfish

- Kick with a kickboard implementing proper Backstroke kick
- Kick across the pool using a kickboard, utilizing alternate arms, and rotary breathing
- Be able to push off the wall and implement Backstroke to an instructor
- Be able to push off the wall and implement Front Crawl halfway across the pool to an instructor
- Be able to push off the wall and implement Elementary Backstroke halfway across the pool to an instructor

Level 5: Dolphin

- Knows Breaststroke arm positions
- Kick with a kickboard implementing proper Breaststroke kick
- Be able to push off the wall and implement Breaststroke to an instructor
- Be able to push off the wall and implement Backstroke halfway across the pool to an instructor

Pre-Swim Team & Swim Team

- Knows proper technique of Front Crawl
- Be able to swim Front Crawl one length of the pool without stopping
- Knows proper technique of Backstroke
- Be able to swim Backstroke one length of the pool without stopping
- Knows proper technique of Breaststroke
- Be able to swim Breaststroke one length of the pool without stopping
- Knows how to do a seat dive and swim the length of the pool

