



LEARN TO SWIM PROGRAM

We will be providing two sessions of swim lessons this summer. Each session includes six 30 minute swim instruction. We are offering the lessons at the beginner and intermediate levels. Each session is \$60. For more information or sign up sheets please see a guard at the club office or call 856-753-9668. Please make checks out to **SWSC**.

DESCRIPTION OF LEVELS

BEGINNER: Designed for children with little or no swimming experience. No Parent Participation. Adaption to water through blowing bubbles, submerging, floating, underwater recovery, climbing out of the pool, and what to do if one falls into the pool.

INTERMEDIATE: Designed for children with some swimming experience. They will learn underwater recovery w/ breathing, floating, glides, surface dives, beginning free-style and backstroke, and water safety.

Session 1:

Dates: June 28, 29, and June 30
July 5, 6, and 7

Times: 11:15 - 11:45 AM - Beginner
11:45 - 12:15 AM - Intermediate

Session 2:

Dates: July 11, 12, and 14
July 18, 19, and 21

Times: 6:45 - 7:15 PM - Beginner
7:15 - 7:45 PM - Intermediate

