



Swim Lessons 2021

In partnership with SwimSafe Pool Management Co.

NEW THIS YEAR, ONLINE REGISTRATION.

Use your mobile phone, tablet or computer to register at FRA.CourseStorm.com.

Registration opens Wednesday, May 5th.

Or Scan
This QR
Code



SWIM LESSON SCHEDULE

Session	Dates	Class Times	Levels Offered*	Class Fees
1 June	June 14-24	11:00-11:30 am	1,2,3	\$35 per child per session. Registration open to both residents and non-residents.
		11:30-12:00 pm	1,2,3	
2 July	July 5-15	11:00-11:30 am	1,2,3	
		11:30-12:00 pm	1,2,3	

*LOOKING FOR UPPER LEVEL CLASSES?

Speak to a pool staff member about private lesson and swim team options.

PLEASE READ BEFORE REGISTERING

In order to remain compliant with current social distancing mandates, **all swim lessons require the participation of a parent, guardian, or responsible adult** with every child registered. Adults will be in the water, actively participating in the swim lesson with their child. **All adult/child pairs will be spaced at least 6-feet apart in the water** and the instructor will teach from the pool deck.

Waitlist Policy

Every child should have the opportunity to take swim lessons. If a class is full please join the waitlist. **Classes may be combined or canceled if enrollment is less than 3 swimmers.**

Cancellation Policy






Lessons will only be canceled if thunder or lightning is in the area **15 minutes prior to the start of class**. Make-up lessons will not be available due to the limited lesson schedule.

Cancellation Notifications

Cancellation information is only available via our text notification system.

To receive notifications, text FRA01 to 84483.

NOT SURE WHAT LEVEL IS RIGHT FOR YOUR CHILD?

	<i>Class Description</i>	<i>Pre-requisite</i>	<i>This class is for children who:</i>
	<p>LEVEL 1: FLOUNDER</p> <p>Child will become acclimated to the water through games and will learn basic safety skills in addition to water submersion and floating with support.</p> <p>SKILLS: Independent movement through the water, floating on front and back, recovery from a floating position, nose/mouth bubbles, introduction to bobs, and age-appropriate safety skills.</p>	<i>3 years old on or before the first day of class.</i>	<i>Have little experience in the water or are taking swim lessons for the first time.</i>
	<p>LEVEL 2: JELLYFISH</p> <p>Child will expand on the skills learned in the Flounder class and learn to be in the water unassisted in both front and back positions while learning to propel themselves through the water using either arms or legs.</p> <p>SKILLS: Floating, gliding, streamline body position, recovery, bobs, submersion, propulsive kicking, introduction to propulsive arms, sit dives, and safety skills.</p>	<i>Successful completion of all Flounder skills.</i>	<i>Can comfortably submerge under the water and perform five unassisted, consecutive bobs.</i>
	<p>LEVEL 3: OCTOPUS</p> <p>Child will learn fundamental freestyle and backstroke skills with emphasis placed on the coordination and timing of the strokes as well as the development of a strong flutter kick.</p> <p>SKILLS: Novice freestyle, novice backstroke, elementary backstroke, side glide, treading, kneel dive, and safety skills.</p>	<i>Successful completion of all Jellyfish skills.</i>	<i>Can independently perform a back float for at least 5 seconds.</i>
	<p>LEVEL 4: CLOWNFISH</p> <p>Child will work to improve their freestyle and backstroke while learning all 4 competitive strokes. Emphasis will be placed on developing strokes that are swim meet legal.</p> <p>SKILLS: Strong freestyle and backstroke, strong kicks (flutter, butterfly, breaststroke), novice breaststroke and butterfly, tread for 1 minute, standing dives, surface dives, flip turns, and safety skills.</p>	<i>Successful completion of all Octopus skills.</i>	<i>Children who can swim basic freestyle (with their face in the water) for 15 feet, basic backstroke for 15 feet, and have met the requirements above are ready for this class.</i>
	<p>LEVEL 5: SEAHORSE</p> <p>Child will refine all 4 competitive strokes while gradually increasing strength and endurance in each stroke. The ultimate goal is to swim each of the four competitive strokes legally for the specified distance.</p> <p>SKILLS: 50-meter freestyle, 50-meter backstroke, 25-meter butterfly, 25-meter breaststroke, 100-meter continuous swim, tread/swim/tread, eggbeater kick, flip turns, and safety skills.</p>	<i>Successful completion of all Clownfish skills.</i>	<i>Children who can swim freestyle with rotary breathing for 25 feet, backstroke for 25 feet, and have met the requirements above can register for this class.</i>

PLEASE NOTE

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HOW TO MAKE THE MOST OUT OF LESSONS

- **Arrive on time** and ready for lessons.
- ALL children who are **not potty-trained must wear a swim diaper** in the pool.
- Wear a **well-fitted swimsuit** that is **appropriate for lessons**.
- Children with long hair may need to use a **hair tie** or wear a swim cap.