

Swim Lesson Information (ages 4 and up)

Individual or Family Membership is required for Lesson Registration. All accompanying parents/guardians and siblings must pay to enter the park if not members. A parent or guardian must be in the park during the lesson. Children age 11 or younger must be accompanied by an adult in the Park during swim lessons. Must be age 4 at the start of the class.

Please make sure your student is appropriately placed, we may not have space to move them to another class.

Swim Lesson Schedule: lessons held rain or shine, exception is thunder storms

Tuesday, August 1-Thursday, August 10 (no class Saturday or Sunday, rain-date Fri. Aug 11) 7 lesson

Fee: \$110 per student

Registration opens online: Tuesday, July 18 at 8:00pm

Registration will remain open through Monday, July 24 online or at Bedford Recreation Department office. Registration after July 24 will be taken, but only in-person at Springs Brook Park.

Options: 1:00-1:30 or 1:35-2:05

Starfish (max 5)

Guppy (max 6)

Sunfish (max 7)

Stingray (max 8)

Seal (max 8)

Dolphin (max 8)

Level: STARFISH (ages 4 and up)

- Class designed for children who are **NOT** comfortable in the water, who **WILL NOT** submerge face or head.

Completed skills required to move to the next level:

- Entering the water without support
- Exiting the water without support
- Bobbing in chest deep water
- Blowing bubbles
- Feeling comfortable submerging entire head
- Students will work to complete all these skills consistently to move to the next level

Level: GUPPY (ages 4 and up)

- Class designed for children who are comfortable in the water, who will submerge face or head.

Completed skills required to move to the next level:

- Front Float without support of instructor (Face fully submerged/Starfish Float)
- Back Float without support (Starfish Float)
- Transition from a front float to a back float with the support of the instructor
- Front glide with support of instructor while submerging face
- Back glide with support of instructors
- Bob while fully submerging head
- Simultaneous leg and arm action with support of the instructor
- Students will work to complete all these skills consistently to move to the next level

Level: SUNFISH

Completed skills required to move to the next level:

- Introduction to arm and leg movements for treading water
- Jump in water over head and swim to ladder
- Front glide without support of instructor while submerging face
- Back glide without support of instructor
- Front Crawl while face is in the water without support of the instructor. Arms must exit (Rhythmic Breathing)
- Back Crawl without support of the instructor (Arms must exit water)
- Students will work to complete all these skills consistently to move to the next level

Level: STINGRAY

Completed skills required to move to the next level:

- Introduction to Scissor Kick
- Front Crawl with rotary breathing (Inside Dock to Beach)
- Back Crawl (Inside Dock to Beach)
- Elementary Backstroke (Inside Dock to Beach)
- Tread water for approximately 20 seconds
- Introduction to Breaststroke Kick
- Students will work to complete all these skills consistently to move to the next level

Level: SEAL

Completed skills required to move to the next level:

- Breaststroke (Inside Dock to Beach 2x)
- Sidestroke (Inside Dock to Beach 2x)
- Elementary Backstroke (Dock to Ropes)
- Front Crawl (Dock to Ropes)
- Butterfly (Inside Dock to Beach)
- Back Crawl (Dock to Ropes)
- Tread Water (Breaststroke kick, flutter kick, egg beater, scissor
- 1 min 30 sec)
- Students will work to complete all these skills consistently to move to the next level

Level: DOLPHIN

Completed skills required to move to the next level:

- Breaststroke (Length of lap lane 2x)
- Sidestroke (Length of lap lane 2x)
- Elementary Backstroke (Lengths of lap lanes 2x)
- Front Crawl (Lengths of lap lanes 2x)
- Butterfly (Length of lap lanes 2x)
- Back Crawl (length of lap lanes 2x)
- Tread Water (Breaststroke kick, flutter kick, egg beater, scissor kick 3 minutes)
- Students will work to complete all these skills consistently to move to the next level