

# WADING POOL

## Swimming Lessons

Session I – June 20<sup>th</sup> to July 14<sup>th</sup>

Session II – July 18<sup>th</sup> to August 11<sup>th</sup>

Level 1 -	1:30 – 2:00
Prep Swim -	2:00 – 2:30
Level 1 -	2:30 – 3:00
Prep Swim	3:00 – 3:30

Preschool “Prep” Swim – Ages 3 & 4

### Level 1 – Introduction to Water Skills

Level 1 children, ages 6 and older, will receive instruction in holding their breath underwater, kicking their feet, bobbing underwater for objects, dog paddle swimming and floating.

### Level 2 – Fundamental Aquatic Skills

Level 2 swimmers will be taught to combine the various components of the freestyle stroke and will be engaged in game-like activities to challenge their underwater swimming endurance.

Aquatic Director: Katherine Hayes

Assistant Aquatic Director: Nicole Pires

The Farmington Recreation Department will offer two sessions of swim instruction for young children at the Wading Pool this summer. A lifeguard is in place during each class to ensure the safety of all participants.

Instructors will be on site each day to teach swimming, so the decision to bring a child to their scheduled lessons in poor or iffy weather conditions is the responsibility of each parent.

**Registration Begins June 1<sup>st</sup> @ 10:00 AM**

**Sign Up at the Community Center**

**Questions? Call 778-3464**

### Mommy & Me

**3:30 – 4:00 (M/W Age <2)**

**3:30 – 4:00 (T/Th Age 2 < 4)**



Or daddy and me or nana and me.... This class is to introduce children to water activity and safety. Up to 8 children and their parents or caretakers will be placed in a class for a 4 week session. Please be advised that parents are required to be in the water with their child and participate in the swimming activities. If you do not feel comfortable assisting your child it is recommended that they wait another year or two for the child to be placed in a “Prep” swim class. For proposed times see the schedule listed below.