

School breaks are a GREAT TIME TO...

Learn how to swim!



Visit us at www.liverpooljets.org for more info and registration.

DECEMBER SWIM LESSON SCHEDULE

Minimum age required: 4 years old by the class's starting date.

Swim Lesson Dates: December 27-30

Location: Liverpool High School Pool (4338 Wetzel Road)

Start Times: 5:05-5:35pm, 5:45-6:15pm, 6:25-6:55pm,

Cost: \$40 per 1-week session (Four 30-minute classes)

Level Descriptions (More specifics offered online):

Level 1: Young swimmers looking to become comfortable in the water. Beginning floats and motor skills, becoming comfortable submerging under water, and jumping to a catch.

Level 2: Swimmers are comfortable getting in the pool and getting their face wet. They are ready to work on floats, glides, doggie paddle, and jumping off the side of the pool.

Level 3: Swimmers can doggie paddle for 5 yards (no flotation devices) on front and back. Ready for the beginning stages of front crawl, back crawl.

Level 4: Swimmers can swim independently for 15 yards on front and back. Ready for learning the breathing mechanics in front crawl and learn elementary backstroke.

Level 5/Camp: Swimmers can swim 25 yards front crawl (breathing to the side), 25 yards backstroke, and elementary backstroke. Ready to learn breaststroke, butterfly, etc.

Swim Camp: Dec 12th-21st (Mon-Wed) from 6-6:45pm

QUESTIONS? Contact Zac Mekker at 315-569-5387 or zmekker@gmail.com

WHY SWIM WITH US?

As CNY's Premiere Swim Lesson Program for decades. Our staff combines for over 60 years of experience sharing their passion and knowledge for swimming instruction. Combine that with **LOW** ratios, the newly renovated pool at LHS, and our fun-loving staff and your child is going to have a blast!

Registration

Registration for our lessons is simple. Head to our website to register online and select your classes.

Payment is made by credit card.

What level is your swimmer?

Level 1	Level 2	Level 3	Level 4	Level 5/6 & Swim Camp
Swimmers in this level are entering the aquatic environment for the first time OR may have a fear of the water. Group numbers are kept small. <i>(Instructor Ratio 1:3)</i>	Swimmers going into this level do not have a problem going underwater and are ready to learn to float/swim independently. <i>(Instructor Ratio 1:5)</i>	Swimmers should be able to doggie paddle swim 8 yards (average length of a backyard pool) without the assistance of any type of floating device. <i>(Instructor Ratio 1:6)</i>	Swimmers should be able to swim 10 yards on their stomachs with hands out and face in as well as on their back. They can swim underwater as well. <i>(Instructor Ratio 1:8)</i>	Swimmers should be able to swim 25 yards backstroke and 25 yards freestyle while breathing to the side. <i>(Instructor Ratio 1:8)</i>