



## 2023 Learn to Swim Program Information

- Registration: Open from March 1<sup>st</sup> until the Friday before the start of the session
- Registration fees: \$80 per class per session
- Session dates: Classes Run Monday-Thursday with make-ups on Friday if we have to cancel for weather
  - Session 1: June 19<sup>th</sup> -June 30<sup>th</sup>
  - Session 2: July 3<sup>rd</sup>-July 14<sup>th</sup> \*\*No class on July 4<sup>th</sup> but we will have class Friday, July 7<sup>th</sup>
  - Session 3: July 17<sup>th</sup>-July 28<sup>th</sup> \*\* No class on July 19<sup>th</sup> but we will have class Friday, July 21<sup>th</sup>
- Class schedule: 8:15am, 8:50am, 7:00pm, 7:35pm
- Class Goals:
  - Starfish:
    - Pool Safety
    - Putting face in the water and blowing bubbles
    - Back float with assistance
    - Front float with assistance
    - Jump into shallow and deep water with help
    - Introduction to arm stroke
  - Minnows:
    - Pool safety
    - Jump and return in shallow water
    - Jump into deep water
    - Submerge
    - Back float with kick
    - Front float with kick
    - Flutter kick
    - Arm stroke introduction
  - Otters
    - Pool safety
    - Treading water
    - Jump and return to the wall
    - Submerge in deep water
    - Sitting/kneeling dive
    - Beginning alternating breathing
    - Beginning freestyle 15 yards
    - Beginning backstroke 10 yards
  - Sharks
    - Pool safety
    - Submerge to touch bottom of 9 ft.
    - Treading water
    - Jumping in unassisted
    - Forward crawl unassisted full length
    - Backstroke unassisted full length
    - Introduction to butterfly
    - Standing dives
- Please see [www.westminsterstingrays.org](http://www.westminsterstingrays.org) or email [wststingrays@gmail.com](mailto:wststingrays@gmail.com) with any questions.