



French Creek Swim Lessons

Group Lessons at the Avon Aquatic Facility

	Level 1	Level 2	Level 3	Level 4	Level 1	Level 2	Level 3	Level 4	Level 5	Level 6
	ages 3-5	ages 3-5	ages 3-5	ages 3-5	ages 6-12	ages 6-12	ages 6-12	ages 6-12	ages 6-12	ages 6-12
DESCRIPTION	<p>Beginner Level: This class will help kids to be comfortable in the water. Focus is on safety, learning to "ask", enter/exit pool safely, front/back float with assistance, roll from front to back with assistance, front/back glide with assistance</p>	<p>Advanced Beginner Level: Focus is on safety, learning to "ask", enter/exit pool safely, front/back float, roll from front to back, front/back glide, submerging, treading water</p>	<p>Intermediate Level: Focus is on safety, learning to "ask", introduction to front and back crawl, perfect the roll from front to back, treading water for one minute, retrieving objects in chest deep water</p>	<p>Advanced Intermediate Level: Focus on swimming proficiently, front crawl and back crawl, elementary backstroke, introduction to breaststroke and butterfly, tread water for one minute, sitting dives</p>	<p>Beginner Level: This class will help kids to be comfortable in the water. Focus is on safety, learning to "ask", enter/exit pool safely, front/back float with assistance, roll from front to back with assistance, front/back glide with assistance</p>	<p>Advanced Beginner Level: Focus is on safety, learning to "ask", enter/exit pool safely, front/back float, roll from front to back, front/back glide, submerging, treading water</p>	<p>Intermediate Level: Focus is on safety, learning to "ask", introduction to front and back crawl, perfect the roll from front to back, treading water for one minute, retrieving objects in chest deep water</p>	<p>Advanced Intermediate Level: Focus on swimming proficiently, front crawl and back crawl, elementary backstroke, introduction to breaststroke and butterfly, tread water for one minute, sitting dives</p>	<p>Advanced Level: Focus on swimming proficiently, front crawl and back crawl for 25 yards, sidestroke, breaststroke and butterfly, tread water for one minute, kneeling dive. Students completing this level will be ready for the RYD swim team</p>	<p>Pre-Swim Team Level: Focus on swimming proficiently, front and back crawl for 50 yards, sidestroke, breaststroke, butterfly, tread water for one minute, standing dive, competition skills like flip turns. Students completing this level will be ready for the RYD swim team.</p>
9:00-9:30am	√	√			√	√			√	√
9:35-10:05am		√	√	√			√	√		
10:15-10:45am	√	√	√				√		√	
10:55-11:25am	√			√			√	√	√	√

Session Dates:

(Lessons are held Monday through Thursday. Fridays are reserved as make-up days)

6/18 - 6/29

7/9 - 7/20

7/23 - 8/3

8/6 - 8/17

FEE PER SWIMMER PER SESSION: \$57

== Lessons will take place at the Avon Aquatic Facility: 36265 Detroit Rd., Avon, Ohio 44011 ==