



2019 SWIM LESSON INFORMATION

The Pool offers a variety of swim lesson options to members including: weekday morning lessons, Wednesday evening, Saturday morning, parent/child and adult beginner lessons. All classes are for members only; rain or shine.

Registration and payment are made online through your Community Pass account. Children must be at least three years old and toilet trained to participate in the American Red Cross based swim lesson levels 1 – 6. There are a limited number of spots in each class, registration will close on the dates listed below or when the class is full, whichever comes first.

Free placement testing will be offered on the following dates:

Sunday, June 9th 5:00 – 8:00 PM, Monday, June 10th and Tuesday, June 11th from 1:00 – 8:00 PM.

Membership Key Fobs must be presented to enter The Pool Complex for swim lessons. Members will not be required to leave after lessons; however, they will not be allowed entry to the pools until the lifeguards are on duty and signal the pools are open. If a non-member is bringing your child to swim lessons, a \$10.00 cash deposit will be collected and refunded; if they exit the facility before noon. Once the pool opens at noon, deposits will not be refunded.

Refund requests for lessons must be received in writing at the Township office within the first two days of class. Requests can be emailed to communitypool@lmt.org.

Price: \$45.00 for the first child; \$35.00 for each additional child.
Each class is 30 minutes.

Private Swim Lessons

Private swim lessons are available on a first come, first served basis with an approved LMT instructor during normal operating hours. Please see Management or a Head Guard for scheduling details. Payments are made at the front gate prior to beginning the lesson, payment receipt must be provided to the instructor.

Price: \$25.00 for a 30-minute session per swimmer.

Baby Pool Use During Swim Lessons

The baby pool will be open additional hours to members during swim lessons; Monday – Thursday between 9:00 AM and 12:00 PM, through August 8, 2019. The baby pool is only open to children under the age of four; older children are not permitted in the pool for safety reasons. Caregivers must always remain with their children.



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SESSION	SCHEDULE
June Lessons June 17, 2019 – June 27, 2019	Class Times: 9:00 AM 9:35 AM 10:10 AM 10:45 AM 11:20 AM Classes are held Monday – Thursday for two weeks. Online registration opens on Monday, June 10 at 8:00 AM and closes on Sunday, June 16 at 5:00 PM or when class is full.
Weekday Morning Session I July 1 – July 11	Class Times: 9:00 AM 9:35 AM 10:10 AM 10:45 AM 11:20 AM Classes are held Monday – Thursday for two weeks. No class on July 4th, make up on July 5th. Online registration opens on Wednesday, June 12 at 8:00 AM and closes on Friday, June 28 at 11:30 PM or when class is full.
Weekday Morning Session II July 15 – July 25	Class Times: 9:00 AM 9:35 AM 10:10 AM 10:45 AM 11:20 AM Classes are held Monday – Thursday for two weeks. Online registration opens on Wednesday, July 3 at 8:00 AM and closes on Friday, July 12 at 11:30 PM or when class is full.
Weekday Morning Session III July 29 – August 8	Class Times: 10:10 AM 10:45 AM 11:20 AM Classes are held Monday – Thursday for two weeks. Online registration opens on Wednesday, July 17 at 8:00 AM and closes on Friday, July 26, at 11:30 PM or when class is full.
Wednesday Evenings June 19 – August 7	Class Times: 5:00 PM 5:40 PM 6:20 PM Classes are held once a week for eight weeks. Online registration opens on Monday, June 10 at 8:00 AM and closes on Monday, June 17 at 11:30 PM or when class is full.
Saturday Mornings June 22 – August 10	Class Times: 9:00 AM 9:40 AM 10:20 AM Classes are held once a week for eight weeks. Online registration opens on Monday, June 10 at 8:00 AM and closes on Monday, June 17 at 11:30 PM or when class is full.
Adult Beginner Monday Evenings June 17 – August 5	Class Time: 6:00 PM This class is designed to provide instruction to adult non-swimmers, so they become more comfortable in the water. Classes are held once a week for eight weeks. Online registration opens on Monday, June 10 at 8:00 AM and closes on Monday, July 8 at 11:30 PM or when class is full.
Parent/Child Wednesday Evenings June 19 – August 7	Class Times: 5:00 PM 5:45 PM This class is designed to familiarize children between the ages of six months to three years to water, in preparation for enrollment in American Red Cross swim lessons. A parent or caregiver must accompany and participate in the water. Classes are held once a week for eight weeks. Online registration opens on Monday, June 10 at 8:00 AM and closes on Monday, June 17 at 11:30 PM or when class is full.

FREE PLACEMENT TESTING WILL BE OFFERED ON THE FOLLOWING DATES:

SUNDAY, JUNE 9TH 5:00 – 8:00 PM, MONDAY, JUNE 10TH AND TUESDAY, JUNE 11TH FROM 1:00 – 8:00 PM.



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Swim Lesson Level Descriptions

Level 1: To begin developing positive attitudes, good swimming habits and safe practices in and around the water.

- There are no pre-requisites for this course.
- Help students feel comfortable in the water and enjoy the water safely.
- Introduce elementary aquatic skills which will be built upon throughout the five levels of the Learn to Swim Program.
- Youth who have some experience with the water may begin the program at a higher level.

Level 2: To give participants success with fundamental skills, including learning how to float without support and to recover to a vertical position.

- Students entering this course must have a Level 1 certificate or be able to demonstrate all the completion requirements in Level 1.
- Float without support and recover to a vertical position.
- Begin true locomotion skills.
- Explore simultaneous and alternating arm and leg actions on their front and back.

Level 3: To build on the skills in Level 2 by providing additional guided practice in deeper water.

- Students entering this course must have a Level 2 certificate or be able to demonstrate all the completion requirements in Level 2.
- Coordinate the front crawl and back crawl
- Elements of the butterfly introduced
- Fundamentals of treading water
- Must be able to swim 15 yards without stopping, face in the water before starting class

Level 4: To develop a child's confidence in the strokes learned in Level 3 and to improve other aquatic skills.

- Students must have a Level 3 certificate or be able to demonstrate all the completion requirements in Level 3.
- Improve skills and increase endurance by swimming familiar strokes for greater distances.
- Build on butterfly.
- Introduce elementary backstroke, breaststroke, and elements of sidestroke.
- Must be able to swim 25 yards without stopping, face in the water before starting class.

Level 5 & 6: To further learn how to coordinate and refine strokes.

- Students must have a Level 4 certificate or be able to demonstrate all course requirements in Level 4.
- Coordination and refinement of all the strokes (front crawl, back crawl, butterfly, breaststroke, elementary backstroke, and sidestroke).
- Increase distances.
- Flip turns on the front and back are introduced.
- Must be able to swim 50 yards without stopping, face in the water before starting class

Adult Group Swim Lessons: Designed for adult beginners to learn in a group setting.

- Basic floating and an introduction to various strokes taught.