

Clemens Community Pool

SCHEDULE of SESSIONS

(541) 929-3584

Morning Lessons

Monday-Friday

Session I: June 13-June 24, 2011

(*Session I will begin at 10:00*)

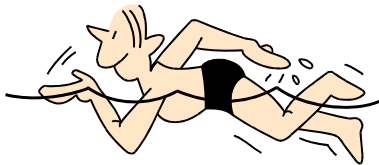
Session II: June 27-July 8, 2011

CCP will be closed on July 4th

Session III: July 11-July 22, 2011

Session IV: July 25-Aug. 5, 2011

Session V: Aug. 8- Aug. 19, 2011



Evening Lessons

Tuesday & Thursday

5:00-7:00 pm

Session A: June 14-July 14, 2011

Session B: July 19-Aug 18, 2011

2054 Applegate St., Philomath, OR 97370

www.philomath.k12.or.us/pool

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CLASSES OFFERED EACH SESSION

Private & adult lessons offered before, during, or after group lessons.

9:00-9:30 Levels 1, 2, 3, 4/5

9:30-10:00 Levels 1, 2, 3, 4/5

10:00-10:30 Levels 1, 2, 3, Parent & Child

10:30-11:00 Levels 1, 2, 3, 4/5

11:00-11:30 Levels 1, 2, 3, 4/5

11:30-12:00 Levels 1, 2, 6

5:00-5:30 Levels 1, 2, 3, Parent & Child

5:30-6:00 Levels 1, 2, 3, 4/5

6:00-6:30 Levels 1, 2, 3, Parent & Child

6:30-7:00 Levels 1, 2, 3, 4/5

Red Cross Learn-to-Swim Level Description

Listed below are outlines of the skills learned in each level

Parent and Child: Introduction to the water (6 mo to 5 yrs)

To become comfortable in the water and practice basic water safety skills: enter and exit safely, *submerging to the mouth, nose, eyes and completely, buoyancy on front and back positions, change body position in the water, learn how to play in the water, experience wearing lifejackets*

Learn-to-Swim:

Level 1: Introduction to Water Skills (Entry age-Mature 3 year old)

To help students feel comfortable in the water and enjoy water safety. Enter and exit the water safely, blowing bubble through mouth and nose and bobs, supported floating/kicking on front and back, explore beginning strokes on front and back, recover to standing position from float and float from standing position.

Level 2: Fundamental Aquatic Skills

Enter water independently, retrieve underwater objects, unsupported floating front/back, front/back glide, supported front and back crawl strokes, turning over front to back, back to front, treading water, explore swimming on side, and safety skills.

Level 3: Stroke Development

Jump into deep water from side, sitting or kneeling dive, Bob to safety, front crawl w/ rotary breathing, flutter, scissor, dolphin and breaststroke kicks on front, front crawl and elementary backstroke, Tread water in deep water, safety skills.

Level 4: Stroke Improvement

Build student's confidence and performance of swimming strokes. Dive from compact or stride position, swim underwater 3 body lengths, feet first surface dive, open turns for front and back strokes, front crawl, back crawl, butterfly, breaststroke, elementary backstroke, sidestroke on front. Flutter and dolphin kicks on back, Safety skills.

Level 5: Stroke Refinement

Shallow dive with glide into front stroke, tuck and pike surface dive, flip turns, tread water using two different kicks, front crawl, back crawl, butterfly, breaststroke, elementary backstroke, sidestroke.

Level 6: Swimming & Skill Proficiency: *Fitness Swimmer, Personal Water Safety, Fundamentals of diving*