

Ted Walker Memorial Pool

Summer of 2010 Swim Lesson Schedule



*Group, Private and
Semi-Private Lessons
Available*

Tel: 541-298-2020
Alt Tel: 541-296-9533

Fees and Registration methods

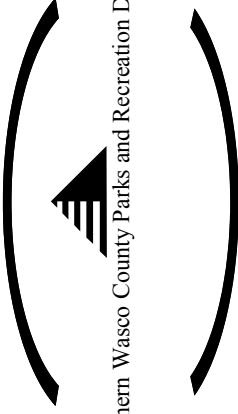
Group Lessons Fee: \$40.00 per 2 week session. Each session is Monday—Friday for 30 minutes. Must be prepaid to secure placement.

Private Lessons Fee: \$55 per 1 week session. Each session is 5 days, 30 minutes long. Call after June 10th for details.

Semi-private lessons fee: \$40 per 1 week session, with 2 children. Each session is 5 days, 30 minutes long. Call after June 10th for details.

Register for swim lessons through June 4th, 2010 at Northern Wasco County Park & Recreation District office, 414 Washington St. Suite 1D. The Dalles, OR. After June 4th, register at Ted Walker Memorial Swimming pool, 602 West 2nd St. The Dalles, OR.

**SEE CANCELLATION POLICY
ON BACK.**



Northern Wasco County Parks and Recreation District

Classes held with 1 instructor limited to:

- Level I— up to 4 students
- Level II— up to 5 students
- Level III and higher— up to 6 students

Cancellation Policy:

Insufficient enrollment will result in classes and events requiring advanced registration to be cancelled the day of. You will receive a lesson that day, with the option of moving to a different time slot or a different session. When NWCPRD cancels an activity, the participant will be refunded the class fee.

Phone: (541)298-2020



Swim Lessons

Description

There will be 5 sessions offered this season, each one being 2 weeks in duration. The following dates are available.

Session 1 Begins June 21

Session 2 Begins July 5

Session 3 Begins July 19

Session 4 Begins August 9

Session 5 Begins August 23

Toddler Water Adventure

Parents get in the water with their children and learn games, songs and have lots of fun. There is a focus on readiness for Level I.

June 21 at 11:30am and 5:30pm

July 5 at 11:30am and 5:30pm

July 19 at 11:00am and 6:00pm

August 9 at 11:30am and 5:30pm

August 23 at 11:00am , and 5:30pm

Level I (3-4 years)

Help students feel comfortable and enjoy the water. They will learn to float on their back with support, entry and exit, supported kick on front, and personal safety.

June 21 at 10:30am, 11:30, 5:30, and 6:00pm

July 5 at 10:30am, 11:00am, and 6:00pm

July 19 at 10:30am, 11:30am, and 5:30pm

August 9 at 11:00am and 5:30pm

August 23 at 10:30am, 11:30am , and 5:30pm

Level I (4 and up)

See level I 3-4 year old description.

June 21 at 10:30am, 11:00am and 6:00pm

July 5 at 11:30am, and 5:30pm

July 19 at 10:30, 11:00am, 11:30am and 6:00pm

August 9 at 10:30am, 11:30am and 6:00pm

August 23 at 10:30am, 11:00am , and 6:00pm

Level II

Give students success with fundamental skills.

Float without support, recover to vertical position, flutter kick on front and back, finning on back, back crawl, combined front stroke 5 meters, and personal safety.

June 21 at 10:30, 11:00, 11:30, 5:30, and 6:00pm

July 5 at 10:30am, 11:30am, and 6:00pm

July 19 at 10:30am, 11:00am, 5:30pm, and 6:00pm

August 9 at 10:30, 11:00, 11:30, 5:30, and 6:00pm

August 23 at 11:00, 11:30 , 5:30 and 6:00pm

Level III

To further build on level II skills. Coordinated front crawl 10 yards, elementary backstroke, coordinated back crawl 10 yards, change directions, tread water, and personal safety.

June 21 at 10:30am, and 5:30pm

July 5 at 11:00, 11:30, and 5:30pm

July 19 at 11:00, 11:30, and 5:30pm

August 9 at 10:30, 11:30, and 6:00pm

August 23 at 10:30, 11:30 , and 6:00pm

Level IV

To build confidence in previous learned strokes and increase endurance. Introduce breaststroke and sidestroke, turning on wall, front crawl with rotary breathing, 25 meter front dive, rescue breathing, and become familiar with CPR.

June 21 at 11:30am and 6:00pm

July 5 at 10:30, 11:00, and 6:00pm

July 19 at 11:30, and 6:00pm

August 9 at 11:00am and 5:30pm

August 23 at 10:30, 11:00 , and 5:30pm

Level V

Coordination and refinement of strokes.

Introduce butterfly, open turns, feet first surface dive, spring board dive, freestyle 50 meters, backstroke 50 meters, elementary backstroke 25 meters, sidestroke and breaststroke 10 meters each under water, and spinal injury management.

Level VI

Enhance strokes so students can swim with ease, efficiency over a greater distance.

Diving, turns for breaststroke, sidestroke, flip turns for front crawl, longer distances for previous learned strokes, rescue, and spinal injury management.

Please see Pool Manager for Levels V and VI

Please see Pool Manager to schedule Private of Semi-Private Lessons.