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## 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 18th 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 18th for details.

Register for swim lessons through June 10th, 2010 at Northern Wasco County Park & Recreation District office, 414 Washington St. Suite 1D. The Dalles, OR.

After June 10th, register at Ted Walker Memorial Swimming pool, 602 West 2nd St. The Dalles, OR.

**SEE CANCELLATION POLICY  
ON BACK.**



### **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



## *Ted Walker Memorial Pool*

## *Summer of 2011 Swim Lesson Schedule*



*Group, Private and  
Semi-Private Lessons  
Available*

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

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# 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 20**

**Session 2 Begins July 4**

**Session 3 Begins July 18**

**Session 4 Begins August 8**

**Session 5 Begins August 22**

## **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 20 at 11:30am and 5:30pm

July 4 at 11:30am and 5:30pm

July 18 at 11:00am and 6:00pm

August 8 at 11:30am and 5:30pm

August 22 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 20 at 10:30am, 11:30, 5:30

July 4 at 10:30am, 11:00am, and 6:00pm

July 18 at 10:30am, 11:30am, and 5:30pm

August 8 at 11:00am and 5:30pm

August 22 at 10:30am, 11:30am , and 5:30pm

## **Level I (4 and up)**

See level I 3-4 year old description.

June 20 at 10:30am, 11:00am and 6:00pm

July 4 at 11:30am, and 5:30pm

July 18 at 11:00am, 11:30am and 6:00pm

August 8 at 10:30am, 11:30am and 6:00pm

August 22 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 20 at 10:30, 11:00, 5:30, and 6:00pm

July 4 at 10:30am, 11:30am, and 6:00pm

July 18 at 10:30am, 11:00am, 5:30pm, and 6:00pm

August 8 at 10:30, 11:00, 11:30, 5:30, and 6:00pm

August 22 at 11:00, and 5:30

## **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 20 at 10:30am, and 5:30pm

July 4 at 11:00, 11:30, and 5:30pm

July 18 at 11:00, 11:30, and 5:30pm

August 8 at 10:30, 11:30, and 6:00pm

August 22 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 20 at 11:30am and 6:00pm

July 4 at 10:30, and 6:00pm

July 18 at 11:30, and 6:00pm

August 8 at 11:00am and 5:30pm

August 22 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.**

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