

2019 DAYBREAK GROUP SWIM LESSONS

Welcome to the Daybreak Summer Swim School

Swimming lessons will be held at the Eastlake Pool. Our group lessons are 30 minutes long, and each session lasts two weeks (six classes).

Please reference the chart below to learn more about our swim levels and descriptions.

Space is limited, so sign up quickly!

Daybreak Swim School Levels & Descriptions

<p>Aqua-Tots (6 months - 3 years)</p>	<p>With instructor guidance, parents learn to help their child become comfortable in the water, blow bubbles, submerge nose and eyes, float on front and back and retrieve toys with assistance. Registration includes one child and one parent's participation.</p>
<p>Beginning Toddler (3 - 5 years)</p>	<p>Beginning toddlers will be taught pool rules, how to blow bubbles, submerge face, front and back floats, front and back glides, kicking on front and back and circle arms. All skills will be assisted by instructor.</p>
<p>Advanced Toddler (3 - 5 years)</p>	<p>Prior to entering advanced toddler, front and back floats must be performed without assistance. Skills taught in advanced toddler include submerging face, front and back floats, front and back glides, kicking on front and back, basic front crawl and understanding pool rules without assistance. In this level, swimmers will transition to independent swimming.</p>
<p>Level 1 (5 years & up)</p>	<p>This course is designed to be a beginning level class for children 5 and older. Skills taught include submerging face, front and back floats, front and back glides, kicking on front and back, front crawl and provide an introduction to age-appropriate safety topics.</p>
<p>Level 2 (5 years & up)</p>	<p>This level focuses on the transition to independent swimming. Those who have passed advanced toddler should enter this level. Skills taught include front and back floats, front and back glides, front crawl and back stroke.</p>
<p>Level 3 (5 years & up)</p>	<p>Skills taught in this level include treading water, butterfly kick, backstroke, elementary backstroke, front crawl with side breathing and deep water retrieval of submerged objects.</p>
<p>Level 4 (5 years & up)</p>	<p>Focus of this level will be improving endurance and distance swimming in front crawl with side breathing, backstroke and elementary backstroke. Butterfly arm movements, breaststroke, and flip turns will also be introduced.</p>

We reserve the right to cancel or combine classes as needed

Any cancellation of a registered participant will be subject to our refund policy. In the event of a missed class we are unable to provide credits, refunds or make-up. For safety reasons, spectators will be asked to sit in a designated area on the pool deck. Time and dates are subject to change without notice. In the event of a weather-related pool closure, a make-up day will be scheduled.



DAYBREAK

SWIM LESSON REGISTRATION INFORMATION

Session Dates, Fees & Registration

Session	Dates	Days	Session Fees	Online Registration Begins	Registration at DCC Begins
I	June 17 - June 29	M/W/F or T/Th/Sat	\$35 per Student	May 27	June 3
II	July 8 - July 20	M/W/F or T/Th/Sat	\$35 per Student	June 17	June 24
III	July 29 - August 10	M/W/F or T/Th/Sat	\$35 per Student	July 8	July 15

Swim registrations can be done online or in person at the Daybreak Community Center
Visit <http://bit.ly/daybreakswimming> for online registration

Class Times Offered by Level

Class Name	Class Prerequisites	Times Offered
Aqua-Tots (6 months - 3 years)	Age and an adult supervisor are the only prerequisites for this class.	M/W/F or T/TH/S 10:30 am
Beginning Toddler (3 - 5 years)	Age and the ability to follow directions. For toddlers who have never taken swim lessons before.	M/W/F or T/TH/S 8:45 AM M/W/F or T/TH/S 9:55 AM
Advanced Toddler (3 - 5 years)	Ability to enter water independently, submerge up to mouth and blow bubbles, & ability to float on back. For toddlers working towards swimming by themselves.	M/W/F or T/TH/S 9:20 AM M/W/F or T/TH/S 10:30 AM
Level 1 (5 years & up)	Age and the ability to follow directions. For students who have never taken swim lessons before.	M/W/F or T/TH/S 8:45 AM M/W/F or T/TH/S 9:55 AM
Level 2 (5 years & up)	Ability to enter water independently, submerge under water, float on back, & able to glide from a wall. For students working towards swimming by themselves.	M/W/F or T/TH/S 9:20 AM M/W/F or T/TH/S 10:30 AM
Level 3 (5 years & up)	Ability to tread water, swim on front and back for 5 body lengths, & float on back for extended period. For students who have learned the basic swimming lesson concepts	M/W/F or T/TH/S 8:45 AM M/W/F or T/TH/S 9:55 AM
Level 4 (5 years & up)	Ability to jump into deep water, tread water for an extended period, swim 25 yards with preferred stroke, & swim 3-5 body lengths underwater. For students who have mastered the basic swimming lesson concepts.	M/W/F or T/TH/S 9:20 AM

A skills assessment will take place the first day of class to ensure that swimmers are in the most appropriate level for their success. Swim School staff reserve the right to transfer swimmers to another level regardless of previous levels passed. Correct level placement is in the best interest of individual students and our classes as a whole.