

Sardinia Town Pool Swim Lessons Program Layout

This schedule is subject to change based on enrollment to insure a quality instructor/swimmer ratio

<u>Level</u>	<u>Time</u>	<u>Prerequisites to Enter Level</u>
Jr. Lifeguarding	8:30-9:00	<ul style="list-style-type: none"> • Must be able to dive • Must be able to retrieve object off the bottom of the deepest part of pool • Must be able to swim a 500 (20 laps) including front crawl, back crawl, breast stroke, elementary backstroke and butterfly continuously
Level 5/6	8:30-9:00	<ul style="list-style-type: none"> • Must be able to swim 4 laps front crawl, 4 laps back crawl and perform open turns • Must be able to demonstrate elementary backstroke, breast stroke and dolphin kick
Level 4	9:00-9:30	<ul style="list-style-type: none"> • Must be able to swim length of the pool both front crawl and back crawl • Must be able to tread water for 1 minute
Water Babies (1A)	9:45 - 10:15	<p>(6 months - 3 years) *Parent, guardian or responsible adult must be in water with child*</p> <ul style="list-style-type: none"> • Must wear a swim diaper if not toilet trained • This level is for first time, beginner swimmers that are not quite ready for our preschool (1B) program
Level 3	10:30-11:00	<ul style="list-style-type: none"> • Must be able to swim the width of the pool both front crawl and back crawl • Must be able to tread water a minimum of 10 seconds
Level 2	11:00-11:30	<ul style="list-style-type: none"> • Must be willing to attempt swimming skills independently • Must be able to glide on front 2 body lengths, roll to back and float 3 seconds, then recover to standing (<u>with little to NO support</u>) • Must be able to enter and exit the water independently and bob with head fully submerged 3 times • Must be able to attempt alternating arm and leg action on front and back
Level 1 (1C)	11:30-12:00	<p>(6 years old and up)</p> <ul style="list-style-type: none"> • Must be comfortable fully submerging face • Must be comfortable floating on front and back with little support
Preschool (1B)	12:00-12:30	<p>(4-5 years old)</p> <ul style="list-style-type: none"> • Must be able to stand with head out in 3 feet of water • Must be comfortable entering water, walking 5 yards and exiting pool independently • Must be comfortable <u>without</u> a one on one instructor
?	12:30-1:00	<ul style="list-style-type: none"> • This time will allow us to accommodate the necessary needs so that most if not all children have the opportunity to learn to swim • <u>This time slot will be assigned at the discretion of the Pool Director and Lessons Director</u>

If you are unsure of the level to sign your child up for, we recommend selecting the lower of the levels considered. We can always adjust as needed based on the progress of the child.