

2022 Swimming Lessons



Session 1 June 13-23 Monday-Thursday

Session 2 July 11-21 Monday-Thursday

\$15 per student

11:00 a.m.

Pre- Level 1: (ages 3-5) Introduction to the pool setting, having fun in the water and being a part of the group.

9:00 or 10:00 a.m.

Level 1: (must be 6 years old) Introduction to water skills: helps students feel comfortable in the water and to enjoy the water safely.

9:00 or 10:00 a.m.

Level 2: Fundamental aquatic skills: gives students success in the water with fundamental water skills.

9:00 or 10:00 a.m.

Level 3: Stroke Development: learn the additional strokes and builds on previous skills by providing additional practice.

9:00 or 10:00 a.m.

Level 4: Stroke Improvement: develops confidence in the strokes learned and to improve aquatic skills.

9:00 or 10:00 a.m.

Level 5: Stroke Refinement: provides further coordination and refinement of strokes.

9:00 a.m. Only

Level 6: (must be able to swim length of pool w/o stopping) Swimming and Skill Proficiency: refines the strokes so students swim them with ease, efficiency, power and smoothness over greater distances.

Swimming Lesson Registration

Session _____ Swimming Level _____ Time _____

Name _____ Age _____

Mailing Address _____

City _____ State _____ Zip _____

Parent's Name _____

Phone Number (Cell) _____

Fee _____

Make Checks Payable to: Sterling Recreation Commission or SRC

and return forms to the Sterling Pool by **June 6 for Session 1** and **by July 4 for Session 2**. You may also sign up online at **Sterlingrec.org**.