

# 2022 Swimming Lessons



Session 1      June 13-23      Monday-Thursday

Session 2      July 11-21      Monday-Thursday

**\$15 per student**

<b>11:00 a.m.</b>	<b>Pre-Level 1:</b> (ages 3-5) Introduction to the pool setting, having fun in the water and being a part of the group.
<b>9:00 or 10:00 a.m.</b>	<b>Level 1:</b> (must be 6 years old) Introduction to water skills: helps students feel comfortable in the water and to enjoy the water safely.
<b>9:00 or 10:00 a.m.</b>	<b>Level 2:</b> Fundamental aquatic skills: gives students success in the water with fundamental water skills.
<b>9:00 or 10:00 a.m.</b>	<b>Level 3:</b> Stroke Development: learn the additional strokes and builds on previous skills by providing additional practice.
<b>9:00 or 10:00 a.m.</b>	<b>Level 4:</b> Stroke Improvement: develops confidence in the strokes learned and to improve aquatic skills.
<b>9:00 or 10:00 a.m.</b>	<b>Level 5:</b> Stroke Refinement: provides further coordination and refinement of strokes.
<b>9:00 a.m. Only</b>	<b>Level 6:</b> (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**.