



# Fall 2022 Learn to Swim Program

Location: Martin Luther King Jr. Recreation Center  
1200 Elm St. Fernandina Beach, FL 32034

## *Lesson Schedule:*

Registration Begins:

8/15 for City Residents

8/22 for Non-City Residents

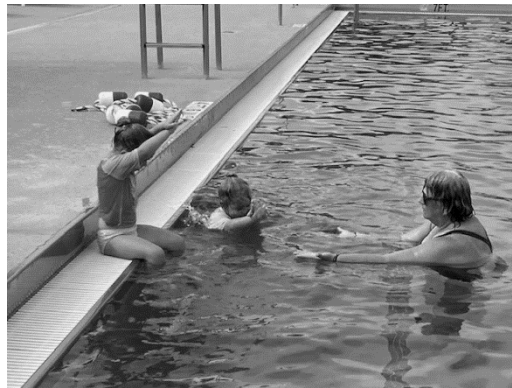
### **Session 1**

**Saturdays**

**September 10 -October 8**

8:45-9:15am Levels 1 & 2

9:15-9:45am Levels 1 & 2



### **WHAT SHOULD MY CHILD BRING or WEAR TO SWIMMING LESSONS?**

A bathing suit that is not overly baggy or loose, and securely fastened, so as not to interfere with motion in the water.

All children who are not potty-trained must wear disposable swim diapers

A dry towel.

Goggles are recommended but optional.

Long hair should be secured so as not to cover the eyes, nose or mouth.

Hair ties or a bathing cap are recommended.

Sunscreen should be applied at least 30 minutes BEFORE entering the pool for maximum sun protection and minimal impact on our pool's cleanliness.

A good attitude. Try to ensure that your child gets plenty of sleep each night and talk to him/her about what he/she learns each day.

### **Group Swim Program Fees:**

#### **One Session (5 Classes):**

\$45 city resident/ \$56 non-city resident

Registration required before first day

**Please call (904) 310-3350 to register**

**For more information, please email Kaitlyn Rivera at [Krivera@fbfl.org](mailto:Krivera@fbfl.org)**

## ***Learn to Swim Class Guide:***

### **Level 1 Introduction to Water Skills (Recommended for ages 3 – 5):**

This course will introduce students to basic skills such as:

- Entering/exiting the pool safely using the ladder, steps, or side
- Blowing bubbles through the mouth and nose
- Bobbing
- Opening the eyes underwater and retrieving objects

#### **While supported by instructor:**

- Basic floating positions (front and back)
- Front and back glides, recovery to standing position
- Roll from front to back, back to front
- Tread with arm and hand action
- Exploring different arm and leg movements

### **Level 2 Fundamental Aquatic Skills (Recommended for ages 4 – 6):**

This course will introduce students to basic skills such as:

- Entering the water by stepping or jumping from the side
- Exiting the water safely using ladder or side
- Bobbing (submerging entire head)
- Opening eyes to retrieve an object

#### **Without support from instructor:**

- Front and back floats and glides
- Recover to a vertical position
- Tread water using arm and leg action
- Basic arm and leg motions for swimming on front and back

### **Level 3 Stroke Development (Recommended for ages 5 – 8):**

This course will introduce students to:

- Jumping into deep water from the side
- Bobbing while moving towards safety
- Rotary breathing
- Survival and back float, change from vertical to horizontal position

- Treading water
- Flutter, scissor, dolphin, and breaststroke kicks on front
- Front crawl and elementary backstroke

### **Level 4: Stroke Improvement (Recommended for Ages 7 & Up):**

This course will introduce students to and/or refine:

- Swimming underwater
- Feet first surface dive
- Survival swimming
- Front crawl and backstroke open turns

- Treading water using 2 different kicks
- Flutter and dolphin kicks on back
- Front crawl and elementary backstroke –better form than Level 3
- Back crawl, breaststroke, sidestroke, butterfly

