



# SUMMER GROUP SWIM LESSONS

Martin Luther King Jr. Center Pool  
1200 Elm Street, Fernandina Beach, FL 32034



## 1-Week Session

MONDAY-FRIDAY  
JUNE 5-9  
JUNE 12-16  
JUNE 26-30  
JULY 10-14  
JULY 17-21  
JULY 24-28

**Mondays**  
(8-Week Session)  
June 5-July 24  
\*No Class 6/19

**Tuesdays**  
(8-Week Session)  
June 6-July 25  
\*No Class 07/04

**Wednesdays**  
(8-Week Session)  
June 7-July 26

**Thursdays**  
(8-Week Session)  
June 8-July 27

**Fridays**  
(8-Week Session)  
June 9-July 28

**Saturdays**  
(8-Week Session)  
June 10-July 29

9am	Stingray/Shark	CSI Swim Test	Tadpole	Manatee	Sea Turtle	Manatee	Tadpole
9:30am	Tadpole	Stingray /Shark	Private Lessons	Sea Turtle	Dolphin	Sea Turtle	Manatee /Sea Turtle
10am	Sea turtle	Manatee	Stingray/ Shark	Private Lessons	Sea Turtle	Dolphin	Aqua Aerobics
10:30am	Dolphin	Sea Turtle	Manatee	Dolphin	Private Lessons	Stingray /Shark	
11am	Manatee	Dolphin	Sea Turtle	Stingray/Shark	Tadpole	Private Lessons	Open Swim
11:30am	Sea Turtle	Stingray/ Shark	Dolphin	Tadpole	Manatee	Tadpole	
	Open Swim 12-3pm						
3pm	Sea Turtle	Manatee	Stingray /Shark	Sea Turtle	Tadpole	Private Lessons	
3:30pm	Manatee	Tadpole	Manatee	Manatee	Dolphin	Manatee	
4pm		Aqua Aerobics	Dolphin	Aqua Aerobics	Stingray/ shark	Aqua Aerobics	
4:30pm			Sea Turtle		Private Lessons		

## City Safety Initiative (CSI):

The Parks & Recreation Department offers free swim lessons (Beginner and Adv. Beginner) for City resident children.

**Swim Test offered every Monday at 9am**

**Daily Classes** are everyday Monday-Friday for one week.

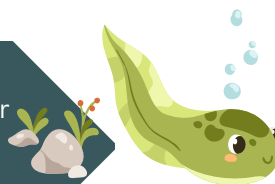
**Weekly Classes** are one day a week for 8 weeks.

**City Resident Registration:**  
May 15-19

**Non City Resident Registration:**  
May 22-26

### **TADPOLE** (Parent and Me; 6 months- 3 years)

This is an introductory parent and child aquatics class which introduces basic water skills to children under the guidance and comfort of a parent (or guardian). This class has four main goals all of which should be achieved with assistance. The four main goals are breath control, buoyancy, kicking and safe entrance and exit.



### **MANATEE** (Beginner Level; 3yrs & older)



The three main goals are proper breath control through repetitive submersion (3-5 times in a row), assisted kicking (front and back) and assisted front/back floats.



### **SEA TURTLE** (Advanced Beginner Level; 3yrs & older)



The three goals are back float and front float unassisted including getting in and out of the position on their own, transitioning from back float to front float and front float to back float and be able to jump into the pool and swim to the side unassisted.



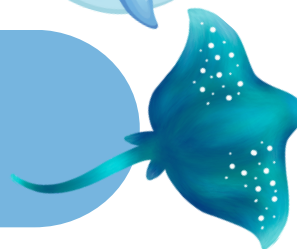
### **DOLPHIN** (Intermediate Level; 3yrs & older)

The three goals perform streamline on front with kicking, streamline on back with kicking and Freestyle (front crawl).



### **STINGRAY** (Intermediate Level; 3yrs & older)

The three goals are to master Freestyle, Backstroke and Breaststroke with dolphin kick.



### **SHARK** (Advanced Level; 3yrs & older)

The three goals are to master Butterfly, diving series and be able to swim a lap of each stroke.



## Program Options

### **1-Week Sessions**

(Meets every day for 1 week)  
(5 Classes Total)

JUNE 5-9 - JUNE 12-16 - JUNE 26-30  
JULY 10-14- JULY 17-21- JULY 24-28

\$60/per week City Resident  
\$75/per week Non-City Resident

### **8-Week Session**

(Meets once a week for 8 weeks)  
(8 Classes Total)

MONDAYS-SATURDAYS

\$96 City Resident  
\$120 Non-City Resident

### **TO REGISTER:**



**CALL**  
904-310-3350 x 1



**E-MAIL**  
Krivera@fbfl.org

**HAVE A QUESTION?**