

Queensbury Department of Parks & Recreation

2016 FALL / 2017 WINTER * LEARN-TO-SWIM LESSONS

LESSONS ARE HELD AT QUEENSBURY ELEMENTARY SCHOOL

September 10, 2016 – April 8, 2017

Swim lessons are available for children ages 3 and up. The classes (American Red Cross Learn-To-Swim program) are designed to improve each child's swimming skills at his/her own pace. Classes will be offered Saturday mornings for 6 weeks (6 classes). Infant/Toddler/Parent classes available for ages 6 to 36 months will be offered on Wednesday evenings for 6 weeks. See schedule below for specific dates and times. Registration is required prior to the lesson and will only be accepted at the department office (742 Bay Road). **Terms 3 & 4 are listed on Page 2** **FLIP OVER**



Level 1 - 4 - Resident \$30.
 (1/2 hr class) - Non-Resident \$40.

Level 5 & 6 - Resident \$40.
 (1 hr class) - Non-Resident \$50.

Online Registration is now available visit: queensburyrec.com



REGISTRATION BEGINS : August 30th (for everyone)



TERM 1

September 10—October 22, 2016
(No Class on 10/8/16)

TERM 2

October 29—December 17, 2016
(No Class on 11/12 & 11/26/16)

LEVEL 1		LEVEL 2		LEVEL 3		LEVEL 4		LEVEL 5		LEVEL 6	
Children 3 – 5 years of age – introduction to water skills.		Able to submerge face, kick on front and back with support.		Able to hold breath underwater, front and back glide, combined stroke front/back and kneeling dive.		Able to dive from side, front/back crawl 25 yards, and elementary backstroke 10 yards.		Able to swim front/back crawl 50 yards, elementary backstroke 25 yards, breaststroke/sidestroke 10 yards.		Able to swim front/back crawl 100 yards, elem. backstroke 50 yards, breaststroke/sidestroke 50 yards, and flip turns.	
10:00	10:30	11:30	12:30			10:00	10:30	11:30	12:30		
10:00	11:00	11:30	12:00	12:30		10:00	11:00	11:30	12:00	12:30	
10:00	10:30	11:00	12:00			10:00	10:30	11:00	12:00		
	10:30	12:30				10:30	12:30				
	11:00					11:00		11:00			
	11:00					11:00					

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(CONTINUED FROM PAGE 1)

Terms 3 and 4 below

Level 1 - 4 - Resident \$30.
(1/2 hr class) - Non-Resident \$40.

Level 5 & 6 - Resident \$40.
(1 hr class) - Non-Resident \$50.



ON-LINE REGISTRATION @: queensburyrec.com
WEBSITE: <http://recreation.queensbury.net>

LESSONS ARE HELD AT QUEENSBURY ELEMENTARY SCHOOL

TERM 3

January 7—February 11, 2017

TERM 4

March 4—April 8, 2017

LEVEL 1									
Children 3 – 5 years of age – introduction to water skills.									
10:00		10:30		11:30		12:30			
								10:00 10:30 11:30 12:30	
LEVEL 2									
Able to submerge face, kick on front and back with support.									
10:00		11:00		11:30		12:00		12:30	
								10:00 11:00 11:30 12:00 12:30	
LEVEL 3									
Able to hold breath underwater, front and back glide, combined stroke front/back and kneeling dive.									
10:00		10:30		11:00		12:00			
								10:00 10:30 11:00 12:00	
LEVEL 4									
Able to dive from side, front/back crawl 25 yards, and elementary backstroke 10 yards.									
		10:30		12:30					
								10:30 12:30	
LEVEL 5									
Able to swim front/back crawl 50 yards, elementary backstroke 25 yards, breaststroke/sidestroke 10 yards.									
		11:00							
								11:00	
LEVEL 6									
Able to swim front/back crawl 100 yards, elem. backstroke 50 yards, breaststroke/sidestroke 50 yards, and flip turns.									
		11:00							
								11:00	