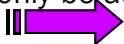
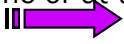


Queensbury Department of Parks & Recreation

2018 FALL / 2019 WINTER * Learn-To-Swim Lessons

LESSONS ARE HELD AT QUEENSBURY ELEMENTARY SCHOOL

September 5, 2018 – April 6, 2019

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 separate schedule for specific dates and times. Registration is required prior to the lesson and will only be accepted on-line or at the department office (742 Bay Road). **Terms 3 & 4 are listed on Page 2**  **FLIP OVER** 

Level 1 - 4 - Resident \$40 (1/2 hr class) - Non-Resident \$50 **Level 5 & 6** - Resident \$50 (1 hr class) - Non-Resident \$60

Online Registration is now available visit: queensburyrec.com



REGISTRATION BEGINS : August 31st (for everyone)



TERM 1
September 8—October 27, 2018
(No Class on 9/15/18 & 10/6/18)

TERM 2
November 3—December 15, 2018
(No Class on 11/24/18)

TERM 1		TERM 2	
September 8—October 27, 2018 (No Class on 9/15/18 & 10/6/18)		November 3—December 15, 2018 (No Class on 11/24/18)	
LEVEL 1			
Pre-School Aquatics: Water Exploration (PSA1) Children 3 – 5 years of age – introduction to water skills			
10:00	10:30	11:30	12:30
LEVEL 2			
Preschool Aquatics: Primary Skills (PSA2) (1/2 Hr.) Able to submerge face, kick on front and back with support			
10:00	11:00	11:30	12:30
LEVEL 3			
Learn to Swim: Stroke Development (LTS3) (1/2 Hr) Able to hold breath underwater, front and back glide, combined stroke front/back and kneeling dive			
10:00	10:30	11:00	12:00
LEVEL 4			
Learn to Swim: Stroke Improvement (LTS4) (1/2 Hr.) Able to dive from side, front/back crawl 25 yards, and demonstrate elementary backstroke			
10:30	12:30	10:30	12:30
LEVEL 5			
Learn to Swim: Stroke Refinement (LTS5) (1 Hr.) Able to swim front/back crawl 50 yards, elementary backstroke 10 yards, breaststroke/sidestroke 10 yards			
11:00		11:00	
LEVEL 6			
Learn to Swim: Fitness Swimmer (LTS6) (1 Hr.) Able to swim front/back crawl 100 yards, elem. backstroke 25 yards, breaststroke/sidestroke 50 yards, and flip turns			
11:00		11:00	

Queensbury Department of Parks & Recreation

2018 FALL / 2019 WINTER * Learn-To-Swim Lessons



(Continued from Page 1)

Terms 3 and 4 below

<p>Level 1 – 4 - Resident \$40 (1/2 hr class) - Non-Resident \$50</p>	<p>Level 5 & 6 - Resident \$50 (1 hr class) - Non-Resident \$60</p>
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WEBSITE: <http://recreation.queensbury.net>
ON-LINE REGISTRATION @: queensburyrec.com

TERM 3
January 5—February 9, 2019

TERM 4
March 2— April 6, 2019

LEVEL 1	
Pre-School Aquatics: Water Exploration (PSA1) 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	
Preschool Aquatics: Primary Skills (PSA2) (1/2 Hr.) 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	
Learn to Swim: Stroke Development (LTS3) (1/2 Hr.) 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	
Learn to Swim: Stroke Improvement (LTS4) (1/2 Hr.) Able to dive from side, front/back crawl 25 yards, and demonstrate elementary backstroke	
10:30 12:30	10:30 12:30
LEVEL 5	
Learn to Swim: Stroke Refinement (LTS5) (1 Hr.) Able to swim front/back crawl 50 yards, elementary backstroke 10 yards, breaststroke/sidestroke 10 yards	
11:00	11:00
LEVEL 6	
Learn to Swim: Fitness Swimmer (LTS6) (1 Hr.) Able to swim front/back crawl 100 yards, elem. backstroke 25 yards, breaststroke/sidestroke 50 yards, and flip turns	
11:00	11:00