

2022-2023

## PRESCHOOL AQUATICS &

# Learn-to-Swim LESSONS

## AT QUEENSBURY ELEMENTARY SCHOOL POOL

The Learn-to-Swim program classes are designed to improve each child's swimming skills at his or her own pace. Because swimming requires advanced motor coordination that requires considerable practice, it is not unusual for a student to stay at one skill level for more than one session. For more accurate placement of your child in our swimming lesson program, please refer to the detailed skills sheet for each level, available at the Department Office or online at [recreation.queensbury.net](http://recreation.queensbury.net). Classes are offered Saturday mornings for 6 consecutive weeks.

### • REGISTRATION OPENS 9/1/22 •

**TERM 1:** Sept. 10-Oct. 22 (No class 10/8)

**TERM 2:** Oct. 29-Dec. 17 (No class 11/12, 11/26)

**TERM 3:** January 7-February 11

**Resident: \$50   Non-Resident: \$60**

## Younger kids?

We also offer infant/parent + toddler/parent swim lessons for ages 6 mos-36 mos

**For More Information and to Register:**  
[recreation.queensbury.net](http://recreation.queensbury.net)

### PRESCHOOL AQUATICS: WATER EXPLORATION (PSA1)

(1/2 HR.) Children 3-5 years of age.

Children with no previous water experience, leave parent willingly, are introduced to kicking, floating, and submerging.

9:30 am – 10:00 am  
10:00 am – 10:30 am  
10:30 am – 11:00 am  
11:30 am – 12:00 pm  
12:00 pm – 12:30 pm  
12:30 pm – 1:00 pm

### PRESCHOOL AQUATICS: PRIMARY SKILLS (PSA2) (1/2 HR.)

Able to submerge face, kick on front and back with support.

For children who have passed PSA1. Introduction to front and back crawl, front and back glides, and orientation to the deep water.

9:30 am – 10:00 am  
10:00 am – 10:30 am  
11:00 am – 11:30 am  
11:30 am – 12:00 pm  
12:00 pm – 12:30 pm  
12:30 pm – 1:00 pm

### LEARN TO SWIM: STROKE DEVELOPMENT (LTS3) (1/2 HR.)

Able to hold breath under water, front and back glide, combined stroke front/back, and kneeling dive.

For children who have passed PSA2. Stroke coordination and improvement. Introduction to elementary backstroke, kneeling dive from side of pool, all stroke kicks, rotary breathing, and safety and survival skills.

10:00 am – 10:30 am  
10:30 am – 11:00 am  
11:00 am – 11:30 am  
11:30 am – 12:00 pm  
12:00 pm – 12:30 pm

### LEARN TO SWIM: STROKE IMPROVEMENT (LTS4) (1/2 HR.)

Able to dive from side, front/back crawl 25 yards, and demonstrate elementary backstroke.

For children who have passed LTS3. Review front and back crawl, introduction to breast stroke, butterfly, and sidestroke, standing dive from side of pool, and self-rescue techniques.

10:30 am – 11:00 am  
12:30 pm – 1:00 pm

### LEARN TO SWIM: STROKE REFINEMENT (LTS5) (1/2 HR.)

Able to swim front/back crawl 50 yards, elementary backstroke 10 yards, breaststroke/sidestroke 10 yards.

For children who have passed LTS4. Introduction to flip turns, open turns, and rescue breathing. Precision of whole stroke skills and standing dive.

11:00 am – 11:30 am

### LEARN TO SWIM: FITNESS SWIMMER (LTS6) (1/2 HR.)

Able to swim front/back crawl 100 yards, elementary backstroke 25 yards, breaststroke/sidestroke 25 yards, and flip turns.

For children who have passed LTS5. Emphasis on the coordination of whole strokes for student to swim more effectively while improving endurance levels and strength in each stroke.

11:00 am – 11:30 am

SCAN TO REGISTER



Queensbury  
**PARKS &  
RECREATION**

742 Bay Road, Queensbury NY 12804  
518-761-8216

