# o 2018 Torii Pool Swim Lessons Extended o

#### **SESSION ONE, 13 - 24 AUG**

1000 Private/Adult

1100 Preschool 1 (3 slots available)

1200 Preschool 2

1300 Level 1

1400 Level 2

1500 Level 3

1600 Level 4

## **SESSION TWO, 27 AUG - 7 SEP**

0600 Private/Adult

1500 Preschool 1

(Full) 1600 Private/Adult

#### **SESSION THREE, 9 - 21 SEP**

0600 Private/Adult

1500 Preschool 2

1600 Private/Adult (Full)

## SESSION FOUR, 24 SEP - 5 OCT

0600 Private/Adult

1500 Level 1

1600 TBD

#### **SESSION FIVE, 8 - 19 OCT**

0600 Private/Adult

1500 Level 2

1600 TBD

#### SESSION SIX, 22 OCT - 2 NOV

0600 Private/Adult

1500 Level 3

1600 TBD

## • CLASS DESCRIPTIONS •

## PRESCHOOL AQUATICS 1 (AGES 4-5)

To orient preschool-age children to the aquatic environment and to help them acquire rudimentary levels of basic aquatic skills.

## **PRESCHOOL AQUATICS 2 (AGES 4-5)**

To build on the basic aquatic skills learned in Level 1

### PRESCHOOL AQUATICS 3 (AGES 5-6)

To increase proficiency and build on the basic aquatic skill learned in levels 1 and 2 by providing additional guided practice with increased distances and times.

## LEARN TO SWIM LEVEL 1, INTRODUCTION TO WATER SKILLS (AGES 6-10)

To begin developing positive attitudes, good swimming habits and safe practices in and around the water.

## LEARN TO SWIM LEVEL 2, FUNDAMENTAL AQUATIC SKILLS (AGES 6-11)

To give participants success with fundamental skills, including learning how to float without support and to recover to a vertical position.

## **LEARN TO SWIM LEVEL 3, STROKE DEVELOPMENT (AGES 6-12)**

To build on the skills in level 2 by providing additional guided practice in deep water.

#### LEARN TO SWIM LEVEL 4, STROKE IMPROVEMENT (AGES 8-14)

To develop participants' confidence in the strokes learned in level 3 and to improve other aquatic skills.

Sessions 1 & 2 will be 4 times per week for 2 weeks, Mon, Tues, Thurs, and Fri Sessions 3 - 6 will be 3 times per week for 2 weeks, Mon, Thurs, and Fri

Classes offered for each session may vary, or be added/deleted, depending upon demand. Must have a minimum of three, maximum of six students per classes other than private.

> For further information contact Torii Pool at 644-4273 samicheetah16@gmail.com or jason.f.evers.naf@mail.mil





