

WHERE SHOULD I PLACE MY CHILD?

Follow these guidelines when registering for swim lessons

Each student progresses at a different speed in learning aquatic skills which is dependent on a number of factors including class attendance, coordination development, water familiarity and outside practice. In addition, a child's stage of development may influence his or her ability to learn aquatic skills. Students often repeat a level several times before mastering skills required for advancement. It is important to understand that repeating a level does not constitute failure. Mastering skills takes time, practice and patience.

ENROLL IN:	IF PARTICIPANTS CAN:
Parent- Child Class ----- ages 6 months to 5 years These classes are NOT designed to teach children to become good swimmers or even to survive in the water on their own. The goal is merely to orient children with the water and to educate parents or guardians about safe water activities	
Aqua Explorers	This is a parent-child class, no previous swimming ability required for the child. 1parent per child
Preschool Swim Lessons ----- ages 3 years to 5 years These classes are NOT designed to teach children to become good swimmers or even to survive in the water on their own. The goal is merely to orient children with the water and to educate parents or guardians about safe water activities.	
Tugboats	<i>leave parent willingly</i> ; are comfortable in water and can follow directions in a small group setting
Speedboats	front float with face in the water for 3; seconds and back float with support for 3 seconds
Submarine	fully submerge head and can swim 5 yards on back and front without support
School Age Swim Lessons ----- ages 6 years to 13 years The objective is to teach students to be safe in, on, and around the water. Progression through the levels will teach and re-view; water adjustment, buoyancy, water entry and exits, skill development, turns, personal safety, and rescue techniques. Not every level includes teaching skills in all of the above categories.	
Tadpole	leave parent willingly; is comfortable in the water & can follow directions in a small group setting
Goldfish	front float with face in the water for 3 seconds and back float with support for 3 seconds
Seahorse	swim 5 yards on back and front without support and is able to use alternating leg and arm motions
Seal	swim freestyle and backstroke one full length of the pool
Stingray	swim multiple lengths of all strokes with proper breathing techniques



STILL NOT SURE WHERE TO PLACE YOUR CHILD?

Swim Lesson Evaluations Combination swim skills evaluation and open recreation swim. An experienced GPCC Water Safety Instructor will be available to evaluate participants' swim ability and recommend the appropriate class. After evaluation participants are encouraged to stick around for an open swim in our fantastic Leisure Pool.

Friday, 10/11 Program #: 407408.01 \$10/Person
 Friday, 12/20 Program #: 407408.02 \$10/Person
 Swim Skill Evaluation - 4:00 PM - 6:00 PM