



Summer 2022 Learn to Swim Program

Learn to Swim Lesson Schedule

**Location: Martin Luther King Jr. Recreation Center
1200 Elm St., Fernandina Beach, FL 32034**

Session 1: Monday, May 30 – Friday, June 10

1A	8:30am – 9:10am	Level 3
1B	9:15am—9:45am	Levels 1&2 (1 st week only)
1C	9:15am—9:45am	Levels 1&2 (2 nd week only)

Session 2: Monday, June 13 – Friday, June 24

2A	8:30am – 9:15am	Level 4
2B	9:15am – 9:45am	Levels 1&2 (1 st week only)
2C	9:15am – 9:45am	Levels 1&2 (2 nd week only)

Session 3: Tuesday, June 27 – Friday, July 8

3A	8:30am – 9:10am	Level 3
3B	9:15am – 9:45am	Levels 1&2 (1 st week only)
3C	9:15am – 9:45am	Levels 1&2 (2 nd week only)

Session 4: Monday, July 11 – Friday, July 22

4A	8:30am – 9:15am	Level 4
4B	9:15am – 9:45am	Levels 1&2 (1 st week only)
4C	9:15am – 9:45am	Levels 1&2 (2 nd week only)

Session 5: Monday, July 25 – Friday, August 5

5A	8:30am – 9:10am	Level 3
5B	9:15am – 9:45am	Levels 1&2 (1 st week only)
5C	9:15am – 9:45am	Levels 1&2 (2 nd week only)



Swim Lesson Important Information

- *All swimming lessons sessions are Monday – Friday.
- *No rain cancellations; indoor water safety activities will be substituted.
- *NO REFUNDS ISSUED: Accommodations may be made in future session with valid medical excuse if space permits.
- *Swimming lessons registration is limited to ONE session until the current session is completed.

WHAT SHOULD MY CHILD BRING or WEAR TO SWIMMING LESSONS?

A bathing suit that is not overly baggy or loose, and securely fastened, so as not to interfere with motion in the water.

A dry towel.

Goggles are recommended but optional.

Long hair should be secured so as not to cover the eyes, nose or mouth. Hair ties or a bathing cap are recommended.

Sunscreen should be applied at least 30 minutes BEFORE entering the pool for maximum sun protection and minimal impact on our pool's cleanliness.

A good attitude. Try to ensure that your child gets plenty of sleep each night and talk to him/her about what he/she learns each day.

Aquatic Program Fees:

Levels 1, 2 (1 week):
\$45 city resident/ \$56 non-city resident

Levels 3, 4 (2 weeks):
\$65 city resident/ \$81 non-city resident

City Resident Registration begins April 25
Non-City Resident Registration begins May 2

Registration required before first day
Please call (904) 310-3350 x1 to register



Swim Lesson Guide:

Is my child ready for group lessons?

Is he/she able to:

- Sit on the side of the pool and not run away?
- Wait for his or her turn?
- Work comfortably with someone that he/she may consider a stranger?

If no, then consider private lessons, waiting until your child is ready, and/or please consult with one of our instructors.

If yes to all, then consider the following options.

Level 1: Introduction to Water Skills

(1 week session) Recommended for ages 3 – 5

This course will introduce students to basic skills such as:

- Entering/exiting the pool safely using the ladder, steps, or side
- Blowing bubbles through the mouth and nose
- Bobbing
- Opening the eyes underwater and retrieving objects
- While supported by instructor:
 - Basic floating positions (front and back)
 - Front and back glides, recovery to standing position
 - Roll from front to back, back to front
 - Tread with arm and hand action
 - Exploring different arm and leg movements

If your child can/will perform these skills and is comfortable working with an adult that is probably a stranger, then

go to Level 2

Level 2: Fundamental Aquatic Skills

(1 week session) Recommended for ages 4 - 6

This course will introduce students to basic skills such as:

- Entering the water by stepping or jumping from the side
- Exiting the water safely using ladder or side
- Bobbing (submerging entire head)
- Opening eyes to retrieve an object
- Without support from instructor:
 - Front and back floats and glides
 - Recover to a vertical position
 - Tread water using arm and leg action
 - Basic arm and leg motions for swimming on front and back (alternate and simultaneous arm and leg action)

If your child can/will perform these skills without support and is comfortable working with an adult that is probably a stranger, then

go to Level 3

Level 3: Stroke Development

(2 weeks session) Recommended for ages 5 – 8

This course will introduce students to:

- Jumping into deep water from the side
- Bobbing while moving towards safety
- Rotary breathing
- Survival and back float, change from vertical to horizontal position
- Treading water
- Flutter, scissor, dolphin and breaststroke kicks on front
- Front crawl and elementary backstroke

If your child can perform these skills without support, then

go to Level 4

Level 4: Stroke Improvement

(2 week session) Recommended for Ages 7 & Up

This course will introduce students to and/or refine:

- Swimming underwater
- Feet first surface dive
- Survival swimming
- Front crawl and backstroke open turns
- Treading water using 2 different kicks
- Flutter and dolphin kicks on back
- Front crawl and elementary backstroke –better form than Level 3
- Back crawl, breaststroke, sidestroke, butterf