

Fernandina Beach Parks & Recreation Department
Learn to Swim Lessons Schedule – Summer 2022

Location for all sessions – MLK, Jr. Recreation Center, 1200 Elm Street

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

1A 8:30am – 9:10am Level 3

1B 9:15am—9:45am Levels 1&2 (1st week only)

1C 9:15am—9:45am Levels 1&2 (2nd 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 (1st week only)

2C 9:15am – 9:45am Levels 1&2 (2nd 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 (1st week only)

3C 9:15am – 9:45am Levels 1&2 (2nd 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 (1st week only)

4C 9:15am – 9:45am Levels 1&2 (2nd 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 (1st week only)

5C 9:15am – 9:45am Levels 1&2 (2nd week only)

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 at the Atlantic Recreation Center.

Non-City Resident Registration begins May 2 at the Atlantic Recreation Center.

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, butterfly