

# Chester Area Pool

## Swim Lessons - 2017 Season

### Group Lessons

**Swim tests will be on June 10th and 11th from 10:00-10:45**

Swim testing will ensure we offer enough classes to accommodate the number of children in each skill level. Registration is NOT required for testing. Swim testing is MANDATORY for all levels except Level 1 who have not participated in lessons before.

**Level 1:** (No prerequisites)

- Start basics of swimming while becoming comfortable in the water
- Introduced to kicking and arm motions
- Gain confidence swimming with a flotation device

**Level 2:** (Completion of Level 1 or demonstration of Level 1 skills)

- Introduction to basic strokes
- Introduced to rotary breathing
- Being to swim on one's own
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**Level 3:** (Completion of Level 2 or demonstration of Level 2 skills)

- Refine beginning strokes with technique drills
- Continue to work on rotary breathing
- Gain confidence on swimming independently

**Level 4** (Completion of Level 3 or demonstration of Level 3 skills)

- Learn advanced stroke techniques
- Refine breathing technique
- Introduction to butterfly
- Continuing to build endurance

**Level 5:** (Completion of Level 4 or demonstration of Level 4 skills)

- Perfecting all strokes
- Continuing to build endurance and strength

### **Registration and Fees**

Registration will be held at the Chester Area Pool on June 17th and 18th from 11:00-2:00.

Fee: \$65. All fees must be paid in full at registration.

Once a lesson has been scheduled and paid for, there will be no refunds.

### **Group Lessons**

Group lessons will be offered for a 2-week duration from Monday through Thursday each week. Fridays will be held open for make-ups due to inclement weather.

Lesson times:

Session A- June 26th - July 7th  
(excluding 7/4 with make up 7/7)

Session B- July 10th - July 20th

Session C- July 24th - August 3rd

### **Private Lessons**

Private lessons will be offered for all ages. Lessons last for 1/2 hour. Lessons can only be bought as 3 lessons for \$105.

If you need to cancel, you must give 24 hours notice or the lesson will be lost.

Please request lessons and pay at the Guard House. An instructor will contact you for scheduling.