

SWIM LESSONS AND BEGINNER SWIM TEAM AT THE DALE AQUATIC CENTER!

1. Basic Swimming Instruction (Classes begin on Monday, May 18)

a) American Red Cross IPAP Lessons for 3-4 year olds

This is an introductory course for toddlers, meeting 8 times over a two week period (Mondays through Thursdays) for 40 minutes each day. *PLEASE NOTE: The parent must get in the water with the child each day.* Cost: \$35.

b) **American Red Cross Level 1 (ages 5 and up)**- The Level 1 classes are aimed at children that have either never had swimming lessons before, or may have a fear of the water. The lessons stress basic water safety, while teaching skills that will be used in Level 2. Meets eight times over two weeks, for 40 minutes each day, with 6-8 children per instructor. Cost: \$35.

c) **American Red Cross Level 2 (ages 5 and up)**- In the Level 2 class, children are taught basic swimming skills on their front and backs, as well as underwater exploration. Students that pass the Level 2 class can swim five yards on their front and back by the conclusion of the course. Eight lessons over two weeks, for 40 minutes per lesson. Six to eight children per instructor. Cost: \$35.

2. Beginner Swim Team (“Summer Stingrays”)

This program is aimed at children that want to acquire more comprehensive swimming skills and endurance that may eventually lead to being able to participate in the year-round swim team offered at the Aquatic Center. Swimmers will be swim tested prior to being placed in one of our training groups, based on present ability. To be in this program, children should be able to swim at least 10 yards (30 feet). Children will be taught the four competitive strokes, dives, and racing turns, and will be able to participate in the summer swim meets once basic skills and endurance are mastered. There are no attendance requirements.

Dates- June 15 through August 8 (Eight weeks)

Days per week- 5 days a week, Monday through Friday (NO ATTENDANCE REQUIREMENTS!)

Times- You choose! Training groups are offered at 10 AM, 11 AM, 5 PM, 6 PM, and 7 PM.

Cost- \$180 (includes t-shirt, cap, and all swim meet fees)

HOW TO REGISTER:

1. REGISTERING FOR SWIM LESSONS: Come to the DALE AQUATIC CENTER at Seminole High School (An Olympic-size, outdoor swimming complex located at 2701 Ridgewood Avenue, Sanford, FL 32773). Call 407-302-1034 for more details. You can register M-F from 5 PM-7:30 PM, Sat 9-6, or Sunday from 12-6.

2. REGISTERING FOR BEGINNER SWIM TEAM: You can register in person at the Aquatic Center (see above), or download a form on the City website and mail it in along with a check. Email swimseminole@hotmail.com with any questions.

These programs fill quickly, so please don't delay!