Swim Lessons

LEHI LEGACY CENTER SWIM LESSONS Summer 2014

Classes	Times
Preschool Level 1 (3-5 yrs)	10:00, 10:35, 11:10, 11:45, 12:20
Level 1 (6 & Up)	10:00, 10:35, 11:10, 11:45, 12:20
Preschool Level 2 (3-5 yrs)	10:00, 10:35, 11:10, 11:45, 12:20
Level 2 (6 & Up)	10:00, 10:35, 11:10, 11:45, 12:20
Preschool Level 3 (3-5 yrs)	10:00, 10:35, 11:10, 11:45, 12:20
Level 3 (6 & Up)	10:00, 10:35, 11:10, 11:45, 12:20
Preschool Level 4 (3-5yrs)	10:35, 11:45
Level 4 (6yrs & up)	10:00, 10:35, 11:10, 11:45, 12:20
Preschool Level 5 (3-5yrs)	11:45
Level 5/6 (6yrs & up)	10:35, 11:10, 11:45
Parent/Child Aquatics	10:00, 12:20

(*Class schedules and times may change without prior notice.)

Session 1 – June 2, 3, 4, 5, 6, 9, 10, 11, 12
Registration begins May 5 (**online** May 3)
Session 2 – June 16, 17, 18, 19, 20, 23, 24, 25, 26
Registration begins June 2 (**online** May 31)
Session 3 – June 30, July 1, 2, 3, 7, 8, 9, 10, 11
Registration begins June 16 (**online** June 14)
Session 4 – July 14, 15, 16, 17, 18, 21, 22, 23, 25
Registration begins June 30 (**online** June 28)
Session 5 – July 28, 29, 30, 31, Aug 1, 4, 5, 6, 7
Registration begins July 14 (**online** July 12)
Session 6 – August 11, 12, 13, 14, 15
Registration begins July 28 (**online** July 26)
(1 week long classes No Preschool or Parent/Child Classes offered)

***Internet registration opens Sat. before registration start date**

REFUND POLICY

The Legacy Center Refund Policy:
All sales are final, non-transferable, and non-assignable. *Refunds are available only under emergency or unpredictable circumstances and will be charged a $10.00 administration fee per class, prorated from the date that the refund was requested, and charged any other costs incurred by the Legacy Center because of enrollment. No refunds will be given to programs that are advertised as non-refundable or to programs that are full. No refunds will be issued for less than $10.00.

* Department Head to determine circumstances for refunds.

NO refunds will be given after the Wednesday prior to the session beginning.

×QUICK FACTS

What ..... Swim Lessons
Where ..... Legacy Center Pool
Dates..... Listed Above
Days..... Listed Above
Fees..... $48 ($32 Lehi Resident Discount)***NO REFUNDS AFTER THE WEDNESDAY PRIOR TO THE SESSION BEGINNING.**

REGISTRATION

Registration office Monday-Friday from 8am-6pm OR on-line @ www.lehi-ut.gov -*Internet registration opens Sat. before registration start date

10% Off for Legacy Members

INFORMATION

For more information the Legacy Center 801-768-7124

Lehi Legacy Center
123 N Center St.
801-768-7124

Find me on facebook www.lehi-ut.gov/legacycenter follow us on twitter

Lehi Legacy Centers swim program is made up of 11 classes, 5 of which are preschool levels. As participants progress through the levels, they become more aware of water safety and become better swimmers. In each level the participants will be required to pass off certain skills to progress to the next level. Below is a description of what participants must accomplish to pass the level. If your child is able to do everything in a level, we suggest putting them in the next level. It is common for participants to repeat levels. Remember that it is not important how quickly they move through a level, but that they acquire each skill.

Preschool Level 1 (Ages 3-5)

Enter water independently using ladder, steps, or side and travel at least 5 yards. Perform 5 bobs. Submerge mouth, nose and eyes for at least 3 seconds. Exit water safely. Blow bubble through the nose. Glide on front for at least 2 body lengths, roll to back and float for 10 seconds. Recover to vertical position supported.

Preschool Level 2 (Ages 3-5)

Perform 10 bobs, blowing bubbles with nose each time. Float on front unassisted 5 seconds. Float on back unassisted 10 seconds. Glide on front 2 body lengths unassisted with flutter kick. Glide on back 2 body lengths assisted with flutter kick. Roll from front to back with assistance. With assistance, swim using combined arm and leg action on front for 3 body lengths, roll to back and swim on back using combined arm and leg action for 3 body lengths, recover to a vertical position.

Preschool Level 3 (Ages 3-5)

Step or jump from the side into chest deep water. Move into front float for 5 seconds roll onto back and back float for 5 seconds, recover to vertical position. Hold breath for 10 seconds. Swim on front unassisted with some kind of side breath for 2 body lengths. Back glide with kick unassisted 2 body lengths. Perform elementary backstroke 3 body lengths unassisted. Backstroke 2 body lengths assisted. Perform dolphin kick 2 body lengths.

Preschool Level 4 (ages 3-5)

Jump into deep water recover and exit pool safely. Swim freestyle with side breathing 15 yards. Swim Elementary backstroke 25 yards. Swim backstroke 15 yards. Swim 3 strokes of butterfly with arms and leg action. Using kickboard swim the breaststroke kick 10 yards. Tread water 15 seconds.

Preschool Level 5 (Ages 3-5)

Jump into deep water level off, swim freestyle with side breathing 25 yards. Swim backstroke 25 yards. Swim 10 yards of butterfly with breathing, and arm, leg actions. Swim 3 strokes of breaststroke with correct timing. Tread water for 30 seconds.

Level 1

Enter the water independently using ladder, steps or side and travel at least 5 yards. Perform 10 bobs. Submerge mouth, nose and eyes for at least 5 seconds. Exit water safely. Blow bubbles through nose. Gliding on front supported at least 2 body lengths, roll to back for at least 10 seconds. Recover to a vertical position with support.

Level 2

Perform 10 bobs, blowing bubbles with nose each time. Float on front unassisted 5 seconds. Float on back unassisted 10 seconds. Glide on front 2 body lengths unassisted with flutter kick. Glide on back 2 body lengths assisted with flutter kick. Roll from front to back with assistance. With assistance, swim using combined arm and leg action on front for 3 body lengths, roll to back and swim on back using combined arm and leg action for 3 body lengths, recover to a vertical position.

Level 3

Step or jump from the side into chest deep water. Move into front float for 5 seconds roll onto back and back float for 5 seconds, recover to vertical position. Hold breath for 10 seconds. Swim on front unassisted with some kind of side breath for 2 body lengths. Back glide with kick unassisted 2 body lengths. Perform elementary backstroke 3 body lengths unassisted. Backstroke 2 body lengths assisted. Perform dolphin kick 2 body lengths.

Level 4

Jump into deep water recover and exit pool safely. Swim freestyle with side breathing 15 yards. Swim Elementary backstroke 25 yards. Swim backstroke 15 yards. Swim 3 strokes of butterfly with arms and leg action. Using kickboard swim the breaststroke kick 10 yards. Tread water for 30 seconds.

Level 5

Jump into deep water level off, swim freestyle with side breathing 25 yards. Swim backstroke 25 yards. Swim 15 yards of butterfly with breathing, arm, and leg actions. Swim 3 strokes of breaststroke with correct timing. Swim 10 yards of sidestroke. Retrieve an object at depth of 5 feet. Tread water for 1 minute. Perform open turns on front and back.

Level 6

Swim 50 yards freestyle with side breathing. Swim 50 yards backstroke. Swim 25 yards breaststroke. Swim 25 yards butterfly. Swim 25 yards elementary backstroke. Swim 25 yards sidestroke. Perform front and back flip turns.