



# FALL SWIM LESSONS

2015

## QUICK FACTS

WHERE .....Legacy Center Pool  
 WHO .....Ages 3 and older  
 WHEN .....Fall Sessions, registration beginning August 10 (Online August 8)  
 FEES .....Residents: \$32  
 Non-Residents: \$49

## REGISTRATION

Registration starts August 10 (Online August 8) All sessions open until filled. Register at the Legacy Center Back Office during normal business hours or online at [www.lehi-ut.gov/legacy-center](http://www.lehi-ut.gov/legacy-center).

*Internet registration opens the Saturday before the registration start date. There are no refunds after the Wednesday prior to the session beginning.*

## MORE INFORMATION



For more information contact the Legacy Center Front Desk at 385.201.2000.



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## CLASS SCHEDULE

### Preschool (Age 3-5)

CLASS	TIME
Level 1	10:35, 4:00, 5:10
Level 2	11:10, 4:35, 5:10
Level 3	10:00, 4:00
Level 4	4:35
Parent/Child Aquatics	10:00

### Age 6 and Older

CLASS	TIME
Level 1	4:00, 4:35
Level 2	4:00, 4:35, 5:10
Level 3	4:00, 4:35, 5:10
Level 4	4:00, 4:35, 5:10
Level 5/6	5:10

### Session Schedule

Session	Dates	Registration Start Date	Online Registration
Session 1	Sept. 14-18, 21-24	August 10	August 8
Session 2	Sept. 28 - Oct. 1, 5-9	August 10	August 8
Session 3	Nov. 2-6, 9-12	August 10	August 8
Session 4	Dec. 7-11, 14-16, 18	August 10	August 8

*\*No preschool or parent/child classes offered during session 2 and 4.*

**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 administration fee per class, prorated from the date that the refund was requested, and charged any other costs incurred by the Legacy Center due to 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. *No refunds after the Wednesday prior to the session beginning.*

LEHI LEGACY CENTER  
 123 North Center Street  
 385.201.2000  
[www.lehi-ut.gov/legacy-center](http://www.lehi-ut.gov/legacy-center)



# RECREATION

REGISTRATION HOURS  
 Monday-Friday  
 8 a.m. to 6 p.m.  
 or register online.

# SWIMMING LESSON DESCRIPTIONS

American Red Cross Learn-to-Swim is made up of six levels of swimming and water safety instruction. As participants progress through the levels and develop these skills, they become safer and better swimmers. Certain milestones are necessary for successful completion of each level. Below is a description of what the 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)

Entering the water independently using ladder, steps or side and travel at least 5 yards. Submerging mouth and blowing bubbles for at least 3 seconds. Exiting the water safely. Gliding on front for at least 2 body lengths. Rolling to back and floating for 3 seconds. Recovering to a vertical position.

## Preschool Level 2 (Ages 3-5)

Gliding on front at least 2 body lengths. Rolling to back, floating on back for 5 seconds then recovering to a vertical position. Gliding on back for at least 2 body lengths. Rolling to front, floating for 5 seconds then recovering to a vertical position. Swimming using combined arm and leg actions on front for 3 body lengths. Rolling to back, floating for 5 seconds, rolling to front then continuing to swim on front for 3 body lengths.

## Preschool Level 3 (Ages 3-5)

Stepping from the side into chest-deep water. Moving into a front float for 5 seconds, rolling to back, floating for 5 seconds then recovering to a vertical position. Moving into a back float for 5 seconds, rolling to front then recovering to a vertical position. Pushing off and swimming using combined arm and leg actions on front for 5 body lengths. Rolling to back, floating for 15 seconds, rolling to front then continuing to swim for 5 body lengths.

## Preschool Level 4 (Ages 3-5)

Enter water by jumping in. Fully submerge and hold breath 10 seconds. Front float 10 seconds, back float 15 seconds, jellyfish float 15 seconds. Freestyle with side breathing 15 yards. Elementary backstroke 25 yards. Backstroke 15 yards. Dolphin kick 2 body lengths. Breaststroke kick with kickboard moving forward 10 yards. Tread water in depth over participants head 15 seconds.

## Parent/Child Aquatics (Ages 6 months to 3 years)

This class is designed to help children become comfortable in the water with their parent's help.

## Level 1

Entering the water independently using ladder, steps or side. Traveling at least 5 yards, bobbing 3 times then safely exiting the water. Gliding on front supported at least 2 body lengths. Rolling to a back float for 3 seconds with support. Recovering to a vertical position with support.

## Level 2

Stepping from the side into chest-deep water. Moving into a front float for 5 seconds, rolling to back, floating for 5 seconds then recovering to a vertical position. Moving into a back float for 5 seconds, rolling to front then recovering to a vertical position. Pushing off and swimming using combined arm and leg actions on front for 5 body lengths, rolling to back, floating for 15 seconds, rolling to the front then continue swimming for 5 body lengths.

## Level 3

Jumping into deep water from the side. Swimming the front crawl and elementary backstroke for 15 yards. Maintaining position by treading or floating for 30 seconds.

## Level 4

Swimming the front crawl for 25 yards, the elementary backstroke for 25 yards, the breaststroke for 15 yards, and the back crawl for 15 yards. Open turns on the front and back.

## Level 5/6

Performing a shallow-angle dive into deep water. Swimming the front crawl for 50 yards, the elementary backstroke for 50 yards, the breaststroke for 25 yards, and the back crawl for 25 yards. Swimming 500 yards continuously using any 3 strokes of choice, swimming at least 50 yards of each stroke. Demonstrating turns while swimming, etiquette in fitness swimming, various training techniques, the principles of setting up a fitness program, and calculating target heart rate. Performing the Cooper 12-minute swim test, and comparing results with the pre-assessment results.

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