



# HOMESCHOOL SWIM LESSONS

FALL 2019

## QUICK FACTS

WHERE .....Legacy Center Pool  
 WHO .....Ages 6 and older  
 WHEN .....FALL Sessions  
                   See table below  
 FEES .....Residents: \$36  
                   Non-Residents: \$54  
                   (10% off for Legacy members)

## CLASS SCHEDULE

### Session 1- Age 6 and Older

| Session   | Dates<br>All classes are 30 minutes             | Registration<br>Start Date | Online<br>Registration |
|-----------|-------------------------------------------------|----------------------------|------------------------|
| Session 1 | Sept. 12, 19, 26, Oct. 3, 10, 24, 31 Nov. 7, 14 | August 19                  | August 17              |

| CLASS     | TIME                 |
|-----------|----------------------|
| Level 1-2 | 9:00 a.m., 9:30 a.m. |
| Level 3-4 | 9:00 a.m., 9:30 a.m. |
| Level 5-6 | 9:00 a.m., 9:30 a.m. |

10% off  
 Registration with  
 a Legacy Center  
 membership.

## REGISTRATION

See registration starts dates. Register at the Legacy Center Registration Office during normal business hours or online at [www.lehi-ut.gov/legacy-center](http://www.lehi-ut.gov/legacy-center).

### Session 2 - Age 6 and Older

| Session   | Dates<br>All classes are 30 minutes             | Registration<br>Start Date | Online<br>Registration |
|-----------|-------------------------------------------------|----------------------------|------------------------|
| Session 2 | Sept. 13, 20, 27, Oct. 4, 11, 25, Nov. 1, 8, 15 | August 19                  | August 17              |

| CLASS     | TIME                 |
|-----------|----------------------|
| Level 1-2 | 9:00 a.m., 9:30 a.m. |
| Level 3-4 | 9:00 a.m., 9:30 a.m. |
| Level 5-6 | 9:00 a.m., 9:30 a.m. |

## MORE INFORMATION



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



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[www.facebook.com/lehilegacycenter](http://www.facebook.com/lehilegacycenter)



Follow us on Instagram!  
[lehilegacy](https://www.instagram.com/lehilegacy)

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)



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

# Homeschool Swimming Lesson Descriptions

Lehi Legacy Center homeschool swim program is made up of three classes. 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. There are not preschool levels offered at this time.

Level 1-2 - 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 3-4 - 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 sec.

Level 5-6 - 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.

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# RECREATION

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