



2021 SWIM LESSONS



The Pool offers a variety of swim lesson options to members including weekday morning lessons, evening, Saturday morning, and Parent/Child. Children must be at least three years old and toilet trained to participate in the American Red Cross based swim lesson levels 1 – 6.

Classes are for members only and held **rain or shine**.

Registration and payment are made online through your Community Pass account. Spots are limited, registration will close on the dates listed below or when the class is full, whichever comes first.

Register at: <https://register.communitypass.net/LowerMakefield>.

Price: \$45.00 for the first child; \$35.00 for each additional child.
Each class is 30 minutes.

Membership Key Fobs must be presented to enter The Pool Complex for swim lessons. Members will not be required to leave after lessons; however, they will not be allowed entry to the pools until the lifeguards are on duty and signal the pools are open. If a non-member is bringing your child to swim lessons, a \$10.00 cash deposit will be collected and refunded if they exit the facility before noon. This is limited to one non-member adult per family registered for swim lessons. Once the pool opens deposits will not be refunded.

Requests for refunds must be received in writing at the Township office within the first two days of class. Requests can be emailed to communitypool@lmt.org.

Private Swim Lessons

Private swim lessons are available on a first come, first served basis with an approved LMT instructor during normal operating hours. Please see Management or a Head Guard for scheduling details. Payments are made at the front gate prior to beginning the lesson and payment receipt must be provided to the instructor.

Price: \$25.00 for a 30-minute session per swimmer.

Baby Pool Use During Swim Lessons

The baby pool will be open during swim lessons. The baby pool is only designed for children under the age of four, older children are not permitted in the pool for safety reasons. Caregivers must always remain with their children.

Level Descriptions, Schedule & Online Registration Dates

<https://register.communitypass.net/LowerMakefield>

LEVEL 1: To begin developing positive attitudes, good swimming habits and safe practices in and around the water.

- There are no pre-requisites for this course.
- Help students feel comfortable in the water and enjoy the water safely.
- Introduce elementary aquatic skills which will be built upon throughout the five levels of the Learn to Swim Program.
- Youth who have some experience with the water may begin the program at a higher level.

Weekday Lessons

Sessions 1

Dates: Monday, June 21 – Wednesday, July 14

Times: Monday and Wednesday 9:00 AM, 9:45 AM, 10:30 AM

Registration Opens: Monday, June 7

Registration Closes: Sunday, June 27

Sessions 2

Dates: Monday, July 26 – Wednesday, August 18

Times: Monday and Wednesday 9:00 AM, 9:45 AM, 10:30 AM

Registration Opens: Monday, July 12

Registration Closes: Sunday, August 1

Monday Evening Lessons:

Dates: Monday, June 21 – Monday, August 9

Times: Monday 5:30 PM, 6:15 PM

Registration Opens: Monday, June 7

Registration Closes: Sunday, June 27

Saturday Morning Lessons

Dates: Saturday, June 26 – Saturday, August 14

Time: 9:00 AM

Registration Opens: Monday, June 7

Registration Closes: Friday, July 2

LEVEL 2: To give participants success with fundamental skills, including learning how to float without support and to recover to a vertical position.

- Students entering this course must have a Level 1 certificate or be able to demonstrate all the completion requirements in Level 1.
- Float without support and recover to a vertical position.
- Begin true locomotion skills.
- Explore simultaneous and alternating arm and leg actions on their front and back.

Weekday Lessons

Sessions 1

Dates: Tuesday, June 22 – Thursday, July 15

Times: Tuesday and Thursday 9:00 AM, 9:45 AM, 10:30 AM

Registration Opens: Monday, June 7

Registration Closes: Sunday, June 27

Sessions 2

Dates: Tuesday, July 27 – Thursday, August 19

Times: Tuesday and Thursday 9:00 AM, 9:45 AM, 10:30 AM

Registration Opens: Monday, July 12

Registration Closes: Sunday, August 1

Tuesday Evening Lessons

Dates: Tuesday, June 22 – Tuesday, August 10

Times: Tuesday 5:30 PM, 6:15 PM

Registration Opens: Monday, June 7

Registration Closes: Sunday, June 27

Saturday Morning Lessons

Dates: Saturday, June 26 – Saturday, August 14

Time: 9:45 AM

Registration Opens: Monday, June 7

Registration Closes: Friday, July 2

LEVEL 3: To build on the skills in Level 2 by providing additional guided practice in deeper water.

- Students entering this course must have a Level 2 certificate or be able to demonstrate all the completion requirements in Level 2.
- Coordinate the front crawl and back crawl
- Elements of the butterfly introduced
- Fundamentals of treading water
- Must be able to swim 15 yards without stopping, face in the water before starting class

Weekday Lessons

Sessions 1

Dates: Monday, June 21 – Wednesday, July 14

Times: Monday and Wednesday 9:00 AM, 9:45 AM, 10:30 AM

Registration Opens: Monday, June 7

Registration Closes: Sunday, June 27

Sessions 2

Dates: Monday, July 26 – Wednesday, August 18

Times: Monday and Wednesday 9:00 AM, 9:45 AM, 10:30 AM

Registration Opens: Monday, July 12

Registration Closes: Sunday, August 1

Monday Evening Lessons:

Dates: Monday, June 21 – Monday, August 9

Times: Monday 5:30 PM, 6:15 PM

Registration Opens: Monday, June 7

Registration Closes: Sunday, June 27

Saturday Morning Lessons

Dates: Saturday, June 26 – Saturday, August 14

Time: 9:00 AM

Registration Opens: Monday, June 7

Registration Closes: Friday, July 2

LEVEL 4: To develop a child's confidence in the strokes learned in Level 3 and to improve other aquatic skills.

- Students must have a Level 3 certificate or be able to demonstrate all the completion requirements in Level 3.
- Improve skills and increase endurance by swimming familiar strokes for greater distances.
- Build on butterfly.
- Introduce elementary backstroke, breaststroke, and elements of sidestroke.
- Must be able to swim 25 yards without stopping, face in the water before starting class.

Weekday Lessons

Sessions 1

Dates: Tuesday, June 22 – Thursday, July 15

Times: Tuesday and Thursday 9:00 AM, 9:45 AM, 10:30 AM

Registration Opens: Monday, June 7

Registration Closes: Sunday, June 27

Sessions 2

Dates: Tuesday, July 27 – Thursday, August 19

Times: Tuesday and Thursday 9:00 AM, 9:45 AM, 10:30 AM

Registration Opens: Monday, July 12

Registration Closes: Sunday, August 1

Tuesday Evening Lessons

Dates: Tuesday, June 22 – Tuesday, August 10

Times: Tuesday 5:30 PM, 6:15 PM

Registration Opens: Monday, June 7

Registration Closes: Sunday, June 27

Saturday Morning Lessons

Dates: Saturday, June 26 – Saturday, August 14

Time: 9:45 AM

Registration Opens: Monday, June 7

Registration Closes: Friday, July 2

LEVEL 5 & 6: To further learn how to coordinate and refine strokes.

- Students must have a Level 4 certificate or be able to demonstrate all course requirements in Level 4.
- Coordination and refinement of all the strokes (front crawl, back crawl, butterfly, breaststroke, elementary backstroke, and sidestroke).
- Increase distances.
- Flip turns on the front and back are introduced.
- Must be able to swim 50 yards without stopping, face in the water before starting class
- the water before starting class.

Weekday Lessons

Sessions 1

Dates: Tuesday, June 22 – Thursday, July 15

Times: Tuesday and Thursday 9:00 AM, 9:45 AM, 10:30 AM

Registration Opens: Monday, June 7

Registration Closes: Sunday, June 27

Sessions 2

Dates: Tuesday, July 27 – Thursday, August 19

Times: Tuesday and Thursday 9:00 AM, 9:45 AM, 10:30 AM

Registration Opens: Monday, July 12

Registration Closes: Sunday, August 1

Tuesday Evening Lessons

Dates: Tuesday, June 22 – Tuesday, August 10

Times: Tuesday 5:30 PM, 6:15 PM

Registration Opens: Monday, June 7

Registration Closes: Sunday, June 27

Saturday Morning Lessons

Dates: Saturday, June 26 – Saturday, August 14

Time: 9:45 AM

Registration Opens: Monday, June 7

Registration Closes: Friday, July 2

Parent/Child Swim Lessons: For children between the ages of six months and three years.

- The class is designed to familiarize our youngest swimmers to water in a group setting in preparation for enrolment in American Red Cross based swim lessons. A parent or caregiver must accompany the swimmer and participate in the water. Swim diapers are required.

Weekday Lessons

Dates: Monday, June 21 – Wednesday, July 14

Times: Monday and Wednesday 11:00 AM

Registration Opens: Monday, June 7

Registration Closes: Sunday, June 27

Wednesday Evening Lessons:

Dates: Wednesday, June 23 – Wednesday, August 11

Times: Wednesday 5:30 PM, 6:15 PM

Registration Opens: Monday, June 7

Registration Closes: Sunday, June 27