



# Plain Township Swim Lessons 2022

In partnership with SwimSafe Pool Management Co.



Class Schedule			
Session	Dates	Time(s)	Level (s)
<b>Session 1</b> Tue- Fri Mon-Thur	June 14 to June 23	8:50- 9:20 am 9:25-9:55 am 10- 10:30 am	1, 2, 3, 4 1, 2, 3, 4 1, 2, 3, 4
<b>Session 2</b> Mon-Thur	July 11 to July 21	8:50- 9:20 am 9:25-9:55 am 10- 10:30 am	1, 2, 3, 4 1, 2, 3, 4 1, 2, 3, 4
<b>Session 3</b> Mon-Thur	July 25 to August 4	8:50- 9:20 am 9:25-9:55 am 10- 10:30 am	1, 2, 3, 4 1, 2, 3, 4 1, 2, 3, 4
<i>Members: \$70/ session</i>		<i>Non-Members \$80/ session</i>	
If you are experiencing potential symptoms of COVID-19 or are living with someone who is confirmed positive, we ask that you not participate in lessons.			

## Registration Required

Please register at the Aquatic Center during one of the following dates & times

Member Registration:  
May 15th 11am-2pm

Member & Resident  
Registration:  
May 28th 11am-8pm

Open Registration:  
May 29th 12pm-8pm

For registration details  
please visit:

[plaintownship.org/  
aquatic-center](http://plaintownship.org/aquatic-center)



### Waitlist Policy

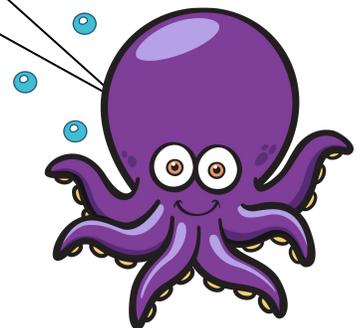
Every child should have the opportunity to take swim lessons. If a class is full please join the waitlist. **Classes may be combined or cancelled if enrollment is less than 3 swimmers.**

### Cancellation Policy

Lessons will only be cancelled if thunder or lightning is in the area **15 minutes before the start of class**

### Cancellation Notifications

We use an automated text notification system to quickly notify parents in the event of a cancellation. To receive notification, text **PLAINTWP** to **84483**.



Questions? Contact  
[scottketner@swimsafepool.com](mailto:scottketner@swimsafepool.com)

[plaintownship.org/aquatic-center](http://plaintownship.org/aquatic-center)

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	Class Description	Prerequisite	This class is for children who:
 Feliz the Flounder	<b>Level 1: Flounder</b> Child will become acclimated to the water through games and will learn basic safety skills in addition to water submersion and floating with support. <b>Skills:</b> <i>Independent movement through the water, floating on front and back, recovery from a floating position, nose/mouth bubbles, introduction to bobs, and age appropriate safety skills.</i>	3 years old on or before the first day of class	Have little experience in the water or are taking lessons for the first time
 Jimmy the Jellyfish	<b>Level 2: Jellyfish</b> Child will expand on the skills learned in the Flounder class and learn to be in the water unassisted in both front and back positions while learning to propel themselves through the water using either arms or legs. <b>Skills:</b> <i>Floating, gliding, streamline body position, recovery, bobs, submersion, propulsive kicking, introduction to propulsive arms, sit dives, and safety skills.</i>	Successful completion of all Flounder skills	Can comfortably submerge under the water and perform 5 unassisted consecutive bobs
 Oliver the Octopus	<b>Level 3: Octopus</b> Child will learn fundamental freestyle and backstroke skills with emphasis placed on the coordination and timing of the strokes as well as the development of a strong flutter kick. <b>Skills:</b> <i>Novice freestyle, novice backstroke, elementary backstroke, side glide, treading, kneel dive, and safety skills.</i>	Successful completion of all Jellyfish skills	Can independently perform a back float for at least 5 seconds
 Carl the Clownfish	<b>Level 4: Clownfish</b> Child will work to improve their freestyle and backstroke while learning all 4 competitive strokes. Emphasis will be placed on developing strokes that are swim meet legal. <b>Skills:</b> <i>Strong freestyle and breaststroke, strong kicks, novice breaststroke and butterfly, tread for 1 minute, standing dives, surface dives, flip turns, and safety skills.</i>	Successful completion of all Octopus skills	Can swim basic freestyle (with their face in the water) for 15 ft. and basic backstroke for 15 ft.

## How to make the most out of lessons

- Arrive on time and ready for lessons
- Wear a well fitted swimsuit that is appropriate for lessons
- Children with long hair should use a hair tie or wear a swim cap
- Swim goggles (not a snorkel or mask) may be used by children in the upper level classes
- Children who are not potty trained must wear a swim diaper while in the pool

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