



Swim Lessons!

February 11th-March 31st

Tuesday Evenings

NO CLASS March 10th (PSC spring break)

REGISTER ONLINE!

Special notes:

- We highly recommend signing up in advance this year. We can only guarantee spots to those registered online.
- The recommended ages in the level descriptions are guidelines, not requirements.
- Times for each level varies and is listed below

Paul Smith's College is pleased to announce our Youth Swim Program for the Spring 2020! We're looking forward to working with your swimmers for another successful semester.

You can now register online! Please visit

<http://www.paulsmiths.edu/recreation/youth-swim-lessons/>

If you're new to the program or returning, please have your child changed and ready to go at the start time for lessons. We will provide any equipment needed except for goggles.

Goggles are recommended for levels 3 and above. We do have some available to borrow.

Level 2 or under are discouraged from having goggles as it can inhibit learning to swim without them.

Additionally, while we encourage parents to be an active part of this learning, for levels 1 and up we find it helps swimmers stay more focused if parents remain in the bleacher area and out of the direct line of sight (either end of the pool).

Of course, if you have questions or concerns at any time throughout the program please let the instructor or program coordinator know.

Level Descriptions

**Group Rates
(Includes 7
sessions)**

Infant/Preschool & Level 1

**Half hour lessons
Cost \$70**

Level 2, 3, 4 & 5

**6:00-6:45pm
6:45-7:30pm
Cost \$100
45 min lessons**

Infant & Preschool Aquatics (IPAP)

5:30 - 6:00pm Tuesdays

Developed for children 6 months to 3 years, Parent and Child Aquatics helps young children get ready to swim by emphasizing fun in the water. Parents and children participate in several guided practice sessions that help kids learn elementary swimming skills, including water entry, bubble blowing, front kicking, back floating, underwater exploration and more.

Level I – Introduction to Water Skills

6:00-6:30 PM & 6:45-7:15 Tuesdays

Level one is best for 3-7 year olds that are comfortable in the water on their own, with a flotation device. Instructors work carefully with participants to develop skills with and without flotation. Floaties are available on-site.

Level II – Fundamental Aquatic Skills

6:00pm/6:45pm/7:30pm Tuesdays

Those five years and older will enjoy level two's introduction to strokes, floating, and treading. Comfort in deep water for short periods of time without flotation is the only prerequisite. Swimmers will learn both front and back strokes and begin piecing it together to cover short distance.

Level III – Stroke Development

6:00pm/6:45pm/7:30pm Tuesdays

These swimmers will be getting their first taste of the elementary backstroke, sidestroke, and breaststroke in addition to working on breathing and diving. There is also more emphasis placed on distance swimming, though fun remains a key component!

Level IV – Stroke Improvement

6:00pm/6:45pm/7:30pm Tuesdays

Level four introduces the butterfly and continued refinement of the breaststroke, front crawl, back crawl, sidestroke, and diving.

Level V – Stroke Refinement

7:30-8:15 Tuesdays

Flip turns on front and back are added in this level as well as continued proficiency in all strokes.

Register & Information by Mail or Fax:

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