

2018 SCHEDULE

Class Times

11:30 AM
12:00 PM
4:30 PM
5:15 PM
6:00 PM

Classes are held Monday - Thursday (Fridays are reserved for makeup days.)

SESSION 1
JUNE 4-7 &
JUNE 11-14

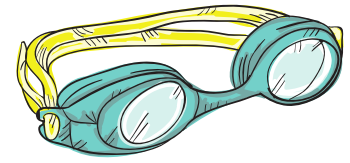
SESSION 2
JUNE 18-21 &
JUNE 25-28

SESSION 3
JULY 2-5 &
JULY 9-12

SESSION 4
JULY 16-19 &
JULY 23-26

PLEASE NOTE:

Prorated refunds for missed class will only be given with a written doctor's statement for the day in question



MOUNTAIN HOME CITY POOL 2018 Swim Lessons

EARLY REGISTRATION WILL BE ON
May 25, 26, & 27
5:00 p.m. - 7:00 p.m.

Registration taken at City Pool and will continue throughout the 2018 season.
Payment is due on day of registration.

THERE ARE NO SESSION OR TIME CHANGES.

COST PER PERSON: \$55.00
**ADDITIONAL SESSION/
FAMILY MEMBER: \$50.00**

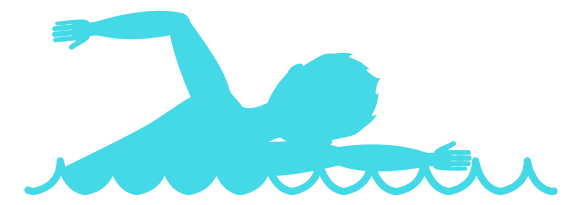
Registration for swim lessons may occur throughout the season as long as space is available.

Please note:

All levels may not be offered at each time slot or session.


Registration closes the Friday before the start of each session.

MOUNTAIN HOME City Pool



2018 Swim Lessons

 **LIKE US ON FACEBOOK!**
MOUNTAIN HOME CITY POOL

 **FOLLOW US ON INSTAGRAM!**
@MHCITYPOOL

1101 Spring St.
Mountain Home, AR 72653
(870) 425-7477

Level 1

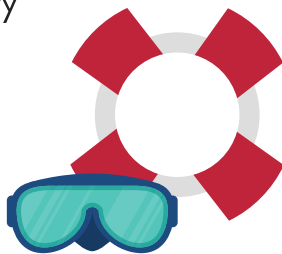
INTRODUCTION TO WATER SKILLS

The objective of this level is to help the student feel comfortable in the water. They should start to demonstrate a good attitude and safe practices around the water.

REPORT CARDS

MUST COMPLETE ALL TO PASS LEVEL

- Enter and exit water safely
- Submerge head completely- unsupported
- Blow bubbles
- Retrieve submerged object from stairs
- Front float- supported
- Back float- supported
- Beginning front kick
- Beginning back kick
- Beginning backstroke arms
- Beginning freestyle arms
- Life jacket safety



Level 2

FUNDAMENTAL AQUATIC SKILLS

The fundamental skills are to be practiced. The participants learn to float without support and to recover to the vertical position. The beginning of true locomotion skills are to be demonstrated at this level.

REPORT CARDS

MUST COMPLETE ALL TO PASS LEVEL

- Retrieve object from 4 ft of water
- Bobs with head fully submerged
- Jump from diving board with life jacket
- Unsupported front float
- Unsupported back float
- Front glide with streamline
- Back glide
- Freestyle (10 yds)
- Backstroke (10 yds)
- Reaching assist
- Survival float
- Lifejacket safety



Level 3

STROKE DEVELOPMENT

The objective of this level is to build on the skills previously learned. The students will coordinate the front and back crawl. The elementary backstroke, treading water, and diving from the side will be introduced.

REPORT CARDS

MUST COMPLETE ALL TO PASS LEVEL

- Feet first surface dive
- Head first entry from side
- Submerge and retrieve object
- Bob, head fully submerged
- Front Glide
- Survival float
- Back glide
- Tread water
- Freestyle, 15 yds
- Breaststroke, 15 yds
- Backstroke, 15 yds
- Water safety rules
- Diving rules and safety
- Help and huddle position
- Reaching assist

THERE ARE NO SESSION OR TIME CHANGES.