

## SPRING SIGN-UPS

The sign-up process includes a liability form that must be filled out, and the class must be paid for in advance. Checks are payable to Ives Pool. If you cannot come in during these times to sign up, please call or email to set up another time.

### SIGN-UP HOURS

**Monday – Wed**

2:00 – 4:00 p.m.

**Tue – Thurs**

10:00–12:00p.m.

## IMPORTANT REMINDER

Please remember when signing up students that most swimmers have not been swimming consistently since last August. Therefore, students may need to go back a level to review.

## LESSON COSTS

Sign up for multiple sessions at a time for discount prices.

\$57 for one session

\$111 for two sessions

\$160 for three sessions

\$208 for four sessions

\$247 for five sessions

## PRIVATE LESSONS

Lessons are available throughout the year at a cost of \$35 per 30-minute lesson or four 30-minute lessons for \$125. This year we are offering semi-private lessons (2 kids) for \$50 per lesson, or \$165 for a package of 4 lessons.

## SUMMER 2017

**Session 1:** June 12– June 22

June 12, 13, 14, 15

June 19, 20, 21, 22

**Session 2:** June 26 – July 7

June 26, 27, 28, 29, 30\*

July 5, 6, 7\*

**Session 3:** July 10 – July 20

July 10, 11, 12, 13

July 17, 18, 19, 20

**Session 4:** July 24 – August 3

July 24, 25, 26, 27

July 31, Aug 1, 2, 3

**Session 5:** August 7 – August 17

August 7, 8, 9, 10

August 14, 15, 16, 17

## LESSON TIMES

### Morning

10:30 – 11:00 Levels 1–3

11:00 – 11:30 Levels 1–3, 6, PT

11:30 – 12:00 Levels 1–4

12:00 – 12:30 Levels 1–3, 5

### Afternoon

3:15 – 3:45 Levels 1–5

3:45 – 4:15 Levels 1–3, 6

4:15 – 4:45 Levels 1–4, G, PT

4:45 – 5:15 Levels 1–5

5:15 – 5:45 Levels 1–3, 6

5:45 – 6:15 Levels 1–5, A

# IVES POOL SWIM LESSONS

SUMMER 2017

June 12<sup>th</sup> – August 17<sup>th</sup>

SIGN-UPS BEGIN MARCH 15<sup>TH</sup>



[www.ivespool.org](http://www.ivespool.org)

[ivespool@sbcglobal.net](mailto:ivespool@sbcglobal.net)

Ives Pool  
7400 Willow  
Street  
(707) 823-8693

W.S.C.S.  
P.O. Box 122  
Sebastopol, CA  
95473

## PROGRAM OVERVIEW

Ives Pool has provided the opportunity for generations of Sonoma County residents to learn the skills necessary to be water safe. Our swim lessons are designed to encourage a lifetime of safety, fun, and fitness in and around the water.

Water safety is the primary reason to learn to swim. The program begins with teaching basic floats and kicking so swimmers feel comfortable enough to submerge and move through the water. Each level builds skills and endurance with a specific teaching progression to make learning easier. Upon completion of our program swimmers will be confident in the water.

Each session begins with an introduction of the teachers, followed by a skill assessment of all swimmers and a water safety talk. If a swimmer has been placed in an incorrect level, they will be placed in the correct level at this time.

Students learn at their own paces. It is very common for a swimmer to spend the entire summer in the same level. With repetition, practice and demonstration, swimmers will succeed in each level.

## LEVEL DESCRIPTIONS

### PARENT & TOT

This is a water exploration class for tots accompanied by adults. The instructor will lead swimmers through water games and activities designed to help them become comfortable in the water. The Parent & Tot class is perfect for young swimmers who may not yet be ready to swim without a parent nearby.

### LEVEL 1-A

Students learn to become comfortable in and under the water without flotation devices. This level is for the younger swimmers who are not yet ready to learn to float and streamline kick on their own but are ready to be away from their parents.

### LEVEL 1-B

Students learn how to combine floats and kicking while working on their swimming holding onto the wall. Swimmers will learn to “Starfish” float for a full 10 seconds, perform correct arm circles and “Streamline” kick before moving to Level 2.

### LEVEL 2

Students learn locomotion by “Streamline” kicking and gradually adding arm circles. Swimmers who can perform a full, non-stop length of “Catch-up” freestyle across the teaching pool will advance to Level 3 and earn their “Deep Water Safety” award.

### LEVEL 3

Students build on skills learned in Level 2, start side-breathing freestyle and back floats. Students performing a full, non-stop length of **side-breathing** in the teaching pool will advance to Level 4 and earn their “Freestyle” award.

### LEVEL 4

Students continue side-breathing in the lap pool but focus on learning backstroke. Swimmers performing a full, non-stop length of backstroke in the lap pool will advance to Level 5 and earn their “Backstroke” award.

Swimmers must pass level 3 before advancing to level 4 as side-breathing is not the focus of this class.

### LEVEL 5

Students review freestyle and backstroke but focus on learning breaststroke. Swimmers performing a full length of breaststroke advance to Level 6 and earn their “**Breaststroke**” award.

### LEVEL 6

Students review freestyle, backstroke and breaststroke but focus on learning butterfly. Swimmers performing a full length of butterfly graduate from the program and earn their “**Butterfly**” award. Swimmers passing level 6 are ready to join a competitive swim team.

### INTRO TO GUARDING

Students review the four competitive strokes, work on endurance and begin to learn about the skills used for lifeguarding. This class will be taught by an experienced lifeguard. Upon completion each student will be given the opportunity to shadow a lifeguard for a public swim.

### ADULT BEGINNER

Students will work on skills from water safety and floating to freestyle and backstroke. The pace of the class will be determined by student progress and need. This is a great opportunity for adults with no previous swim or water experience.