



Swim Lessons 2023

In partnership with SwimSafe Pool Management Co.



	Dates	Times	Levels
Session 1 Mon- Thur	June 12th	9:05-9:35 am	1, 2, 3, 4
	to	9:40-10:10 am	1, 2, 3, 4
	June 29th	10:15-10:45 am	1, 2, 3, 4
		10:50-11:20 am	1, 2, 3, 4
Session 2 Mon- Thur	July 10th	9:05-9:35 am	1, 2, 3, 4
	to	9:40-10:10 am	1, 2, 3, 4
	July 20th	10:15-10:45 am	1, 2, 3, 4
		10:50-11:20 am	1, 2, 3, 4
Session 3 Mon- Thur	July 24th	9:05-9:35 am	1, 2, 3, 4
	to	9:40-10:10 am	1, 2, 3, 4
	August 3rd	10:15-10:45 am	1, 2, 3, 4
		10:50-11:20 am	1, 2, 3, 4
Saturdays *No classes 7/1	June 10th	9:10-9:40 am	0
	to	9:45- 10:15 am	0, 1, 2, 3, 4
	July 22nd	10:20-10:50 am	0, 1, 2, 3, 4

Online Registration Required

Use your mobile phone, tablet, or computer to register at bexleyrec.com

Session 1: \$75/ session

Session 2 & 3: \$55/ session

Saturdays: \$45/ session

Scan QR Code For More Information or to Register



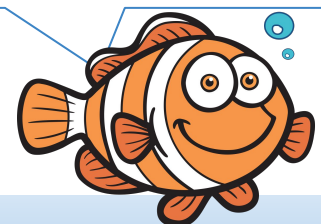
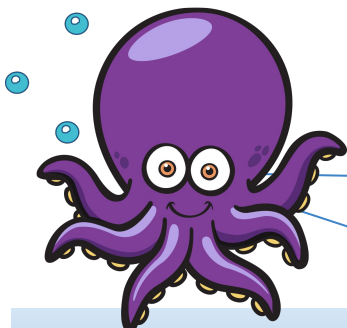
Waitlist Policy

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 Notifications






We use an automated text notification system to quickly notify parents in the event of a cancellation.

To receive notifications, text **BEXLEYPOOL** to **84483**.



Questions? Contact scottketner@swimsafepool.com

bexleyrec.com

	Class Description	Prerequisite	This class is for children who:
	<p>Level 0: Frogs & Tadpoles Parent and child will learn to enjoy the water together in this class. Parent (or responsible adult) and child will become acclimated to the water through games and songs while in a group setting. Parent will learn key safety tools to use at a pool or near water.</p>	<p>Limited to children 12-36 months old</p>	<p>Children from 1-3 years old (with a parent)</p>
 <p>Feliz the Flounder</p>	<p>Level 1: Flounder Child will become acclimated to the water through games and will learn basic safety skills in addition to water submersion and floating with support. Skills: 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.</p>	<p>4 years old on or before Aug. 1st</p>	<p>Have little experience in the water or are taking lessons for the first time</p>
 <p>Jimmy the Jellyfish</p>	<p>Level 2: Jellyfish 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. Skills: Floating, gliding, streamline body position, recovery, bobs, submersion, propulsive kicking, introduction to propulsive arms, sit dives, and safety skills.</p>	<p>Successful completion of all Flounder skills</p>	<p>Can comfortably submerge under the water and perform 5 unassisted consecutive bobs</p>
 <p>Oliver the Octopus</p>	<p>Level 3: Octopus 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. Skills: Novice freestyle, novice backstroke, elementary backstroke, side glide, treading, kneel dive, and safety skills.</p>	<p>Successful completion of all Jellyfish skills</p>	<p>Can independently perform a back float for at least 5 seconds</p>
 <p>Carl the Clownfish</p>	<p>Level 4: Clownfish 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. Skills: Strong freestyle and breaststroke, strong kicks, novice breaststroke and butterfly, tread for 1 minute, standing dives, surface dives, flip turns, and safety skills.</p>	<p>Successful completion of all Octopus skills</p>	<p>Can swim basic freestyle (with their face in the water) for 15 ft. and basic backstroke for 15 ft.</p>

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