

# 2017 Schedule

Class Times:

- 11:30 am
- 12:00 am
- 4:30 pm
- 5:00 pm
- 5:30 pm
- 6:00 pm

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

Session 1:  
June 5-8  
&  
June 12-15

Session 2:  
June 19-22  
&  
June 26-29

Session 3:  
July 3-6  
&  
July 10-13

Session 4  
July 17-20  
&  
July 24-27



Mountain Home City Pool  
2017 Swim Lessons

Early registration will be on:  
May 26,27,28  
5:00 p.m. . 7:00 p.m.

Registration taken at City Pool and will continue  
throughout the 2016 season.

Payment is due on day of registration.

**Cost per person: \$50.00**

**Additional family members: \$45.00**  
(must be signed up on same day)

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



2017  
Swim Lessons

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

1101 Spring St. #1  
Mountain Home, AR 72653  
(870) 425-7477

(This is not a complete list of required skills.)



### **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.

### **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. The student should be able to submerge & retrieve objects, combine front stroke and flutter kick for 5 yards, and combine backstroke with flutter kick and choice of arm movement for 5 yards to receive his/her certificate.  
(This is not a complete list of required skills.)

### **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. The student should be able to jump into the deep water from the side of the pool, swim using the front crawl with breathing either side or front for 10 yards, reverse direction while swimming on front and back to receive the certificate.

### **Level 4** ***Stroke Improvement***

This level allows the participants to develop confidence in the strokes they have learned. They will increase their endurance by swimming the elementary backstroke, front crawl and back crawl for greater distances. The breaststroke and sidestroke and basic turning at the wall are to be introduced. The student should be able to perform a standing front dive, swim for 10 yards using the elementary backstroke, front crawl for 25 yards using rotary breathing, back crawl for 25 yards, backstroke kick and scissors kick . 10 yards with or without kickboards - and treading water for 2 minutes.

(This is not a complete list of required skills.)

### **Level 5** ***Stroke Refinement***

The objective of this level is coordination and refinement of key strokes. The butterfly, open turns and feet-first diving are introduced. The participants demonstrate the front and back crawl for longer distances. They also perform sidestroke and breaststroke. The students completing this level should be able to perform a standing dive from the board, swim using breaststroke and sidestroke for 10 yards, swim under water for 3 body lengths, perform the elementary backstroke for 25 yards, dolphin kick for 10 yards, with or without the kickboard, front and back crawl for 50 yards, demonstrate open turns on front and back, and tread water for 2 minutes using 2 different kicks.  
(This is not a complete list of required skills.)

### **Level 6** ***Swimming & Skill Proficiency***

This level is to polish strokes so participants swim them with ease. The pike and tuck surface dives are introduced in this level. Students completing this level for their certificate should be able to perform the front crawl and back crawl for 100 yards using at least 1 turn, breaststroke and sidestroke for 25 yards, butterfly for 10 yards, and approach stroke (required for life guarding) 25  
(*Level 6 continued*)

yards, demonstrate the breaststroke turn, sidestroke turn and flip turn for the front crawl, pike and tuck surface dives, tread water for 3 minutes, 1 minute with no hands, demonstrate throwing rescues, and positioning a victim with a spinal injury face up.  
(This is not a complete list of requirements.)

### **Advanced Skills**

The objective of this level is to perfect the strokes. The participants are encouraged to develop good fitness habits and urged to use aquatic activities to maintain their physical condition. This level may be customized to meet the needs of the participants (i.e. practicing prerequisites for life guard training or aquatic sports). This level may be repeated several times to focus on these different goals. Those completing this level should be able to front dive from the board, swim continuously for 500 yards, butterfly 25 yards, and tread water for 5 minutes.  
(This is not a complete list of requirements.)

