



HAMME POOL SWIM LESSON SCHEDULE



January – May 2012

MONDAY AND WEDNESDAY

Session Dates	# of Classes	Cost	Registration Date/Payment Time
January 9- February 1 NO CLASS JANUARY 16	7 classes	\$45.50/\$49.00	December 28 5:00p
February 13- March 7 NO CLASS FEBRUARY 20	7 classes	\$45.50/\$49.00	December 28 5:00p
March 19-April 11	8 classes	\$52.00/\$56.00	March 14 5:00p
April 16- May 9	8 classes	\$52.00/\$56.00	March 14 5:00p



Preschool 5:00-5:30p, 5:30-6:00p, Adv. Preschool 6:00-6:30p
Level 1/2 5:00-5:45p, Level 2 5:00-5:45p
Level 3 6:00-6:45p, Level 4/5 6:30-7:15p

TUESDAY AND THURSDAY

Session Dates	# of classes	Costs	Registration Date/Payment Time
January 10 – February 2	8 classes	\$52.00/\$56.00	December 27 5:00p
February 14- March 8	8 classes	\$52.00/\$56.00	December 27 5:00p
March 20 – April 12	8 classes	\$52.00/\$56.00	March 13 5:00p
April 17-May 10	8 classes	\$52.00/\$56.00	March 13 5:00p



Preschool 5:00-5:30p, 5:30-6:00p, Adv. Preschool 3 6:00-6:30p
Level 1/2 5:00-5:45p, 6:00-6:45p Level 2 5:00-5:45p
Level 3 6:00-6:45p, Level 4/5 6:30-7:15p

SATURDAY

Session Dates	# of classes	Costs	Registration Date/Payment Time
January 14-February 4	4 classes	\$26.00/\$28.00	January 7 9:00a
February 18- March 10	4 classes	\$26.00/\$28.00	February 11 9:00a
March 24-May 5	6 classes	\$39.00/\$42.00	March 10 9:00a

Preschool 11:00-11:30a, 12:30- 1:00p, Adv. Preschool 12:00-12:30p
Level 1/2 11:00-11:45a, 12:00-12:45p Level 3 11:00-11:45a Level 4/5 12:00-12:45p



Hamme pool is used by the school district during the day and therefore, the front doors are locked until 4pm on all school days.

Registration is first come, first serve and many parents arrive before payment time and wait in line.

Class schedule is subject to change. Please call for verification.

COURSE DESCRIPTION AND LEARNING OBJECTIVES

Preschool - Orient preschool children to the aquatic environment and help them acquire rudimentary levels of basic aquatic skills such as entering the water safely, blowing bubbles, submerging face, front and back floating, and simultaneous and alternating arm and leg actions with and without support.

Adv. Preschool - Increase proficiency and build on the basic skills learned in Preschool 1 & 2 by providing additional practice with increased distances and times. Skills at this level should be performed with minimal assistance.

Level 1- Students will focus on developing good swimming habits and safe practices in and around the water. Skill will include blowing bubbles, submerging face and opening eyes underwater, front and back floats and alternating and simultaneous arm and leg action on the front and back with and without support.

Level 2- Students will build on skills from Level 1 including learning how to float without support and recover from a vertical position. Skills will include changing direction while swimming, treading water, how to recognize an emergency and safety in and around the water to include the use of lifejackets. Most skills should be performed without support and with the face in the water.

Level 3- Students will continue to build on Level 2 skills and will spend time in deep water while practicing. Skills will include headfirst entries into deep water, survival float, flutter, scissor, dolphin and breaststroke kicks and front crawl and elementary backstroke. All skills should be performed without assistance and students should be very comfortable with their face in the water.

Level 4- Students will learn the 6 major swimming strokes (front crawl, back crawl, elementary backstroke, breaststroke, sidestroke and butterfly) and be introduced to simple non swimming assists and survival swimming.

Level 5- Students will work on refining what they have learned and be introduced to surface dives, flip turns, what to do in dangerous situations, how to call for help and the importance of knowing first aid and CPR.