

# UPPER WINDERMERE

## SWIM LESSONS

### July & August



\*Swim lessons are on a first come, first serve basis. Below are the scheduled lesson days/times as well as the description for each class. **Lesson registration forms will be emailed out Friday at noon.** Please fill out the form and submit forms via email for prompt enrollment and confirmation of spot.

\*Please try your best to commit to the lesson of your choice. We understand you may have to miss from time to time. Class sizes are limited so if you will not be able to attend on a regular basis please refrain from registering to allow space for others. Swim levels below for proper placement.

## July

### Monday's & Wednesday's

<b>Parent/Tot: Buddies</b> <i>Mon/Wed</i> <i>July 9<sup>th</sup>-July 30<sup>th</sup></i> <i>12:30-1:00</i>	<b>Level 1 Splashers</b> <i>Mon/Wed</i> <i>July 9<sup>th</sup>-July 30<sup>th</sup></i> <i>1:00-1:30</i>	<b>Level 2 Floaters</b> <i>Mon/Wed</i> <i>July 9<sup>th</sup>-July 30<sup>th</sup></i> <i>1:30-2:00</i>	<b>Level 3 Gliders</b> <i>Mon/Wed</i> <i>July 9<sup>th</sup>-July 30<sup>th</sup></i> <i>2:00-2:30</i>
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<b>Parent/Tot: Buddies</b> <i>Mon/Wed</i> <i>July 9<sup>th</sup>-July 30<sup>th</sup></i> <i>5:30-6:00</i>	<b>Level 1 Splashers</b> <i>Mon/Wed</i> <i>July 9<sup>th</sup>-July 30<sup>th</sup></i> <i>6:00-6:30</i>	<b>Level 2 Floaters</b> <i>Mon/Wed</i> <i>July 9<sup>th</sup>-July 30<sup>th</sup></i> <i>6:30-7:00</i>	<b>Level 3 Gliders</b> <i>Mon/Wed</i> <i>July 9<sup>th</sup>-July 30<sup>th</sup></i> <i>7:00-7:30</i>
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### Tuesday's & Thursday's

<b>Parent/Tot: Buddies</b> <i>Tues/Thurs</i> <i>July 10<sup>th</sup>-July 31<sup>st</sup></i> <i>12:30-1:00</i>	<b>Level 1 Splashers</b> <i>Tues/Thurs</i> <i>July 10<sup>th</sup>-July 31<sup>st</sup></i> <i>1:00-1:30</i>	<b>Level 2 Floaters</b> <i>Tues/Thurs</i> <i>July 10<sup>th</sup>-July 31<sup>st</sup></i> <i>1:30-2:00</i>	<b>Level 3 Gliders</b> <i>Tues/Thurs</i> <i>July 10<sup>th</sup>-July 31<sup>st</sup></i> <i>2:00-2:30</i>
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# August

## Monday's & Wednesday's

<b>Parent/Tot: Buddies</b> Mon/Wed Aug 1 <sup>st</sup> -Aug 29 <sup>th</sup> 12:30-1:00	<b>Level 1 Splashers</b> Mon/Wed Aug 1 <sup>st</sup> -Aug 29 <sup>th</sup> 1:00-1:30	<b>Level 2 Floaters</b> Mon/Wed Aug 1 <sup>st</sup> -Aug 29 <sup>th</sup> 1:30-2:00	<b>Level 3 Gliders</b> Mon/Wed Aug 1 <sup>st</sup> -Aug 29 <sup>th</sup> 2:00-2:30
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<b>Parent/Tot: Buddies</b> Mon/Wed Aug 1 <sup>st</sup> -Aug 29 <sup>th</sup> 5:30-6:00	<b>Level 1 Splashers</b> Mon/Wed Aug 1 <sup>st</sup> -Aug 29 <sup>th</sup> 6:00-6:30	<b>Level 2 Floaters</b> Mon/Wed Aug 1 <sup>st</sup> -Aug 29 <sup>th</sup> 6:30-7:00	<b>Level 3 Gliders</b> Mon/Wed Aug 1 <sup>st</sup> -Aug 29 <sup>th</sup> 7:00-7:30
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## Tuesday's & Thursday's

<b>Parent/Tot: Buddies</b> Tues/Thurs Aug 2 <sup>nd</sup> -Aug 30 <sup>th</sup> 12:30-1:00	<b>Level 1 Splashers</b> Tues/Thurs Aug 2 <sup>nd</sup> -Aug 30 <sup>th</sup> 1:00-1:30	<b>Level 2 Floaters</b> Tues/Thurs Aug 2 <sup>nd</sup> -Aug 30 <sup>th</sup> 1:30-2:00	<b>Level 3 Gliders</b> Tues/Thurs Aug 2 <sup>nd</sup> -Aug 30 <sup>th</sup> 2:00-2:30
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## Upper Windermere Swimming Lesson Levels

### Upper Windermere Parent/Tot: Buddies

**Description:** This level is a parented level for children under the age of 3 with the minimal age being 6 months. The main focus of this level is for the children to play games, sing songs, and get comfortable with an instructor while parents are still with them. Assisted floats will be covered as well as under water swimming. PFDs will be used to get child used to floatation and exploring water on their own. Instructor will cover brief water safety tips including the importance of within arm reach, and the signs of secondary drowning. Maximum of 6 parents and children, and it is one parent with one child.

### Upper Windermere Level 1: Splashers

**Description:** This is the first level that is un-parented and maybe the first time a child is in the water without a parent. The child must be minimum 3 years of age. In this level it will be mainly focused on getting children comfortable with not having mom or dad with them in the water and listening to an instructor. The main items that will be covered in this level will be play and games, assisted floats and exploring floatation with various objects, as well as working on getting comfortable with face in the water and blowing bubbles. Safety items will include who to go swimming with, when to wear a PFD/lifejacket and what makes a good lifejacket/PFD. The maximum number of kids in this level is 6 for safety and effective teaching time for each child.

### Upper Windermere Level 2: Floaters

**Description:** This level will focus on the swimmers getting to do their floats unassisted. In order to complete this level they must be able to hold each of the back and front floats for 3 seconds and a roll over for three seconds on front and then seconds on back without touching the bottom. Initial flutter kick will be covered but not expected to be perfect. An alternating up and down leg motion and preferably nearly straight legs would be considered good enough to go onto next level. Safety items covered will include safe entries and exits from the pool. Children must be minimum 3 years old and be willing to put face in water comfortably. The maximum number of kids in this level is 6 for safety and effective teaching time for each child.

### Upper Windermere Level 3: Gliders

**Description:** This level will be focused on glides and the beginning elements of front crawl. In order to move past this level it will be necessary for swimmers to be able to do front glide/back glide/ sides glide with and without kick. Flutter kick should be strong and allow swimmers to complete 10m (1 width) when performing a glide with kick. When performing without kick swimmers must remain streamline for 5secs. Front crawl breathing technique will be covered by learning bilateral breathing as well as controlling breath. Swimmers will also work on treading water. The goal will be to be able to perform the task for minimal 15 seconds. Safety items will include know your swimming limits, and diving safety. The maximum number of kids in this level is 6 for safety and effective teaching time for each child.

# THE FUN BOX!!



The Fun Box is a summer program operated by our lifeguards at the leisure centre in the park area. The Fun Box will begin on Wednesday, June 20th. The program will run every Mon/Wed/Fri from 11:30-12:30 and again 4:00-5:00. There are no age restrictions. The Fun Box is full of items for all ages, chalk, bubbles, sand toys, soccer ball, football, jump ropes, lawn darts, large checker board, etc... Please note this is not a drop and go program. An adult must be present with your child if they are under the age of 12.

