2016 Emery Swimming Pool Lesson Schedule

**Session 1 June 13th – June 24th**

Level 6 9:00-9:40 (tread water 5min, all strokes 25-50yards)

Level 5 9:45-10:25 (Must dive, strokes at least 15yards, swim under water 3 to 5 body lengths)

Level 3 10:30-11:10 (hold breath under water for 5sec, float & glide on their own for 5sec)

Level 2 11:15-12:00 (must fully submerge, float for 3sec with support)

**Session 2 June 27th – July 8th (NO LESSONS ON JULY 4TH)**

Level 4 9:00-9:40 (head first entry kneeling, front & back crawl)

Level 3 9:40-10:25 (hold breath under water for 5sec, float & glide on their own for 5sec)

Level 2 10:30-11:10 (must fully submerge, float for 3sec with support)

Level 1 11:15-12:00 (must be 4yrs or older & able to stand in 3ft water

not holding on to edge)

**Session 3 July 11th – July 29th**

Level 4 9:00-9:40 (head first entry kneeling, front & back crawl)

Level 3 9:45-10:25 (hold breath under water for 5sec, float & glide on their own for 5sec)

Level 2 10:30-11:10 (must fully submerge, float for 3sec with support)

Level 1 11:15-12:00 (must be 4yrs or older & able to stand in 3ft water

not holding on to edge)

**Please contact the Pool Manager, Jessie VanLeur at 449-4349(h), email: Jessie.VanLeur@k12.sd.us or Emery Pool at 449-4455 to register for lessons. The fee for each session is $20.00(tax included) per child. No refunds after lessons begin.**