

2024 Heritage Lake Association Swim Lessons

SWIM LESSON LEVELS, DATES & TIMES

Swim Lessons will be July 15, 16, 18, 22, 23, and 25

Level 1 & Level 2

Class Time 5:00pm to 5:30pm

Level 3 & Level 4

Class Time 5:30pm to 6:00pm

Swim Lesson Prices

\$40 per child

Completed Registration Form and payment (check or exact change) to be paid at the HLA office **by 1pm Thursday, July 11, 2024.**

Members must be in good standing.

Level 1: Water Exploration (Shallow water lesson) Ages 4-5

Requirements:

- 4 years or older

Tasks:

- Fully submerge face in water
- Hold breath under water
- Front and back float with support
- Kicking on front and back with support
- Enter and exit the water independently
- Can push off lifeguard and grab the wall without support

Level 2: Primary Skills (Shallow water lesson) Ages 5-7

Requirements:

- Be comfortable being fully submerged in the water and hold their breath
- Can complete all other tasks from level 1

Tasks:

- Float on front and back unsupported for 5 seconds
- Swim on front 5 yards without assistance
- Swim on back 5 yards without assistance
- Retrieve objects underwater chest deep

Level 3: Stroke Readiness (Mid-pool lesson: shallow and deep) Ages 6-8

Requirements:

- Can swim for 5 yards
- Can retrieve rings from chest deep water
- Can complete all other tasks from level 2

Tasks:

- Swim the front crawl for 10 yards
- Swim the back crawl for 10 yards
- Jump into deep water
- Tread in water over the child's head
- Swim on front with arm circles for 10 yards

Level 4: Stroke Development (Deep water lesson) Ages 8<

Requirements:

- Can jump into deep water and swim to the side on their own
- Can swim 10 yards on their own

Tasks:

- Standing dive from the side of the pool
- Freestyle swim for 15 yards
- Backstroke swim for 15 yards
- Swim the entire length of the pool