

DGF SWIMMING LESSONS

*Each session consists of 8 lessons lasting 30 minutes each
\$60 per session*

Red Cross Leveled Standards:

IPAP: Under 4 years old with a parent in the water.

Level 1: For children afraid to put their face in the water, this beginning class focuses on water exploration and increasing the child's comfort level.

Level 1.5: For beginners who are comfortable in the water, this class focuses on supported floating and kicking and alternating arm movements.

Level 2: For swimmers who are ready to combine kicking and arm movements on front and back.

Level 3: Swimmers entering this class will need to be able to do an unsupported front and back stroke and will begin working on adding breathing to the side

Session 1 June 1-4, 7-10

9:00-9:30	Level 2
9:35-10:05	Level 1
10:10-10:40	Level 1.5
10:45-11:15	Level 3
5:30-6:00	Level 1
6:05-6:35	IPAP
6:40-7:10	Level 2
7:15-7:45	Level 3

Session 3 July 5-8, 12-15

9:00-9:30	Level 2
9:35-10:05	Level 1
10:10-10:40	Level 1.5
10:45-11:15	Level 3
5:30-6:00	Level 1
6:05-6:35	IPAP
6:40-7:10	Level 2
7:15-7:45	Level 3

Session 2 June 22-25, 28-July 1

9:00-9:30	Level 1
9:35-10:05	Level 2
10:10-10:40	IPAP
10:45-11:15	Level 3
5:30-6:00	Level 1
6:05-6:35	Level 1.5
6:40-7:10	Level 2
7:15-7:45	Level 3

Session 4 July 19-22, 26-29

9:00-9:30	Level 1
9:35-10:05	Level 2
10:10-10:40	IPAP
10:45-11:15	Level 3
5:30-6:00	Level 1
6:05-6:35	Level 1.5
6:40-7:10	Level 2
7:15-7:45	Level 3