

YOUTH SWIM LESSONS

Swim Lessons

Students will attend class one time per week. Classes will be held at McHenry High School Upper Campus. The pool is kept at competition temperature (78 degrees). Swimmers who tend to get chilly will want to wear a swim shirt. Swimmers should wear one-piece suits, have long hair tied up, bring goggles and plenty of warm clothing/towels. Swim lessons are American Red Cross format. Classes might be adjusted or cancelled based on High School programming and school holidays. **Registration closes the Friday before the first class.**

Level 1 & Level 2

Level 1: Students are new to swimming. They are working on the basic mechanics of floating, stroke development, and being comfortable in the water. They will work on treading water, front crawl (freestyle), elementary backstroke, floating, and water safety. Students must be comfortable in the water to work with the instructor. **No class Jan 15, Feb 19, Mar 25 and Mar 27.**

Level 2: Students can perform a front and back float independently. They can swim at least 5 yards unassisted in freestyle and backstroke. They can tread water for at least 10 seconds. This level will start working on endurance, stroke development, swimming in deep water, swimming underwater, and how to recognize emergencies. **No class Jan 15, Feb 19, Mar 25 and Mar 27.**

Level	Day	Dates	Time
Level 1	M	Jan 8 - Feb 26	5:40 pm - 6:25 pm
Level 2	M	Jan 8 - Feb 26	6:30 pm - 7:15 pm
Level 1	W	Jan 10 - Feb 14	5:40 pm - 6:25 pm
Level 2	W	Jan 10 - Feb 14	6:30 pm - 7:15 pm
Level 1	M	Mar 4 - Apr 15	5:40 pm - 6:25 pm
Level 2	M	Mar 4 - Apr 15	6:30 pm - 7:15 pm
Level 1	W	Mar 6 - Apr 17	5:40 pm - 6:25 pm
Level 2	W	Mar 6 - Apr 17	6:30 pm - 7:15 pm
Level 1	M	Apr 22 - May 13	5:40 pm - 6:25 pm
Level 2	M	Apr 22 - May 13	6:30 pm - 7:15 pm
Level 1	W	Apr 24 - May 15	5:40 pm - 6:25 pm
Level 2	W	Apr 24 - May 15	6:30 pm - 7:15 pm

Ages: 5 & up
 Location: McHenry High School Upper Campus
 Jan/Mar Fee: \$72/R - \$82/NR
 Apr Fee: \$48/R - \$58/NR
 Min/Max: 3/6
 Length: 6 lessons
 Length: 4 lessons

Level 3 & Level 4

Level 3: Students can perform a front and back streamline. They can swim at least 25 yards unassisted in freestyle and backstroke. They can tread water for at least 30 seconds. This level will start working on endurance, competitive stroke development (introduction of breaststroke and butterfly), kneeling & sitting dives, rotary breathing. **No class Mar 26 and Mar 28.**

Level 4: Students can swim at least 15 yards unassisted in all 4 competitive strokes. They can tread water for at least 60 seconds. This level will start working on endurance, competitive stroke refinement, standing dives, flip turns, and swim team advancement. **No class Mar 26 and Mar 28.**

Level	Day	Dates	Time
Level 3	T	Jan 9 - Feb 13	5:40 pm - 6:25 pm
Level 4	T	Jan 9 - Feb 13	6:30 pm - 7:15 pm
Level 3	TH	Jan 11 - Feb 15	5:40 pm - 6:25 pm
Level 4	TH	Jan 11 - Feb 15	6:30 pm - 7:15 pm
Level 3	T	Mar 5 - Apr 16	5:40 pm - 6:25 pm
Level 4	T	Mar 5 - Apr 16	6:30 pm - 7:15 pm
Level 3	TH	Mar 7 - Apr 18	5:40 pm - 6:25 pm
Level 4	TH	Mar 7 - Apr 18	6:30 pm - 7:15 pm
Level 3	T	Apr 23 - May 14	5:40 pm - 6:25 pm
Level 4	T	Apr 23 - May 14	6:30 pm - 7:15 pm
Level 3	TH	Apr 25 - May 16	5:40 pm - 6:25 pm
Level 4	TH	Apr 25 - May 16	6:30 pm - 7:15 pm

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