



2025 Learn to Swim Program Information

- Registration: Open from March 1st until the Friday before the start of the session
- Registration fees: \$90 per session
- Session dates: Classes Run Monday-Thursday with make-ups on Friday if we have to cancel for weather.
 - Session 1: June 16-June 26
 - Session 2: June 30-July 10
 - Session 3: July 14-July 24 ** No evening class on July 16 but we will have evening class Friday, July 18. Morning classes to run as scheduled
- Class schedule: 8:15am, 8:50am, 7:05pm, 7:40pm; 30 minutes per class
- Class Goals:
 - Starfish:
 - Pool Safety
 - Putting face in the water and blowing bubbles
 - Back float with assistance
 - Front float with assistance
 - Jump into shallow and deep water with help
 - Introduction to arm stroke
 - Minnows:
 - Pool safety
 - Jump and return in shallow water
 - Jump into deep water
 - Submerge
 - Back float with kick
 - Front float with kick
 - Flutter kick
 - Arm stroke introduction
 - Otters
 - Pool safety
 - Treading water
 - Jump and return to the wall
 - Submerge in deep water
 - Sitting/kneeling dive
 - Beginning alternating breathing
 - Beginning freestyle 15 yards
 - Beginning backstroke 10 yards
 - Sharks
 - Pool safety
 - Submerge to touch bottom of 9 ft.
 - Treading water
 - Jumping in unassisted
 - Forward crawl unassisted full length
 - Backstroke unassisted full length
 - Introduction to butterfly
 - Standing dives
- Please see www.westminsterstingrays.org or email wststingrays@gmail.com with any questions.