

Swim Lessons

Little Swimmers

Ages 1 - 5

A great program for your little swimmer! Come join us at Mill Pond Wading Pool for fun, friends, toys and splashing. Open to children ages 1 - 5 years old. Siblings under the age of one attend free with a registered sibling. Parents must accompany their child into the wading pool and stay with them during the entire program. Children who are not potty trained must wear a swim diaper.

*Location: Mill Pond Park Wading Pool
Staff: Aquatics Staff*

*Fee: Mondays, Wednesdays & Fridays
\$20 per session or
\$35 for the whole summer*

*Tuesdays & Thursdays
\$15 per session
\$25 for the whole summer*

*Join us whenever you want! Everyday,
all summer long, only \$55*

MONDAYS, WEDNESDAYS & FRIDAYS

ID	Time	Date
5496	10:00 - 11:00 AM	June 23 - July 18
5497	10:00 - 11:00 AM	July 21 - Aug. 15
5498	11:00 - 12:00 PM	June 23 - July 18
5499	11:00 - 12:00 PM	July 21 - Aug. 15

TUESDAYS & THURSDAYS

ID	Time	Dates
5500	10:00 - 11:00 AM	June 24 - July 17
5501	10:00 - 11:00 AM	July 22 - Aug. 14
5502	11:00 - 12:00 PM	June 24 - July 17
5503	11:00 - 12:00 PM	July 22 - Aug. 14

Waterbabies

Ages 6 Months - 2 Years

A great class to introduce your little one to the water. Parents accompany children into the pool to learn water awareness and adjustment. The child will also develop a comfort level in and around the water and increased knowledge of water safety. Diapers must be covered with plastic pants or swim diapers. A copy of the child's birth certificate is required.

*Location: Mill Pond Park Wading Pool
Staff: Aquatics Staff*

ID	Time	Dates	Fee
5583	6:00 - 6:30 PM	Tues & Thurs, June 24-July 3	\$26
5584	6:00 - 6:30 PM	Tues & Thurs, July 8 - 17	\$26
5585	6:00 - 6:30 PM	Tues & Thurs, July 22 - 31	\$26
5586	6:00 - 6:30 PM	Tues & Thurs, Aug. 5 - 14	\$26



Parent & Child Preschool Swim Lessons

Ages 3 - 5

AGES 3 & 4

Parent accompanies child in the pool. Participants must be 3 years old when the program begins. Children learn to develop a comfort level in and around the water and increase their knowledge of water safety. A birth certificate is required when registering for this program.

*Location: Churchill Park Pool
Time: 6:30 - 7:00 PM
Fee: \$26.00*

ID	Dates
5504	Tues & Thurs, June 24 - July 3
5505	Wed & Fri, June 25 - July 4
5506	Tues & Thurs, July 8 - 17
5507	Wed & Fri, July 9 - 18
5508	Tues & Thurs, July 22 - 31
5509	Wed & Fri, July 18 - Aug. 1

AGES 5

With the help of a parent or guardian, children who are not old enough to start the Learn To Swim program will learn elementary skills including bubble blowing, kicking, floating, underwater exploration and more. This is a great experience for children who want to begin the Learn To Swim program at the indoor pool in the fall.

*Location: Churchill Park Pool
Time: 6:30 - 7:00 PM
Fee: \$26.00*

ID	Dates
5510	Tues & Thurs, June 24 - July 3
5511	Wed & Fri, June 25 - July 4
5512	Tues & Thurs, July 8 - 17
5513	Wed & Fri, July 9 - 18
5514	Tues & Thurs, July 22 - 31
5515	Wed & Fri, July 18 - Aug. 1

Youth Swim Lessons

Youth Swim Lessons *Ages 6 - 17*

Swim lessons are a great way for your child to learn how to swim. We have classes for the beginner on up to advanced. Lessons are 30 minutes long and are available at both pools at various times. There are no make-up classes offered for swim lessons.

Fee: \$30.00

MILL POND POOL - MORNINGS

Time	Dates
11:00 AM	Mon - Fri, June 23 - July 4
Level 1: 5329	Level 3: 5331 Level 5: 5333
Level 2: 5330	Level 4: 5332 Level 6: 5334

11:00 AM	Mon - Fri, July 7 - July 18
Level 1: 5335	Level 3: 5337 Level 5: 5339
Level 2: 5336	Level 4: 5338 Level 6: 5340

11:00 AM	Mon - Fri, July 21 - Aug. 1
Level 1: 5341	Level 3: 5343 Level 5: 5345
Level 2: 5342	Level 4: 5344 Level 6: 5346

11:00 AM	Mon - Fri, Aug. 4 - Aug. 15
Level 1: 5347	Level 3: 5349 Level 5: 5351
Level 2: 5348	Level 4: 5350 Level 6: 5352

11:30 AM	Mon - Fri, June 23 - July 4
Level 1: 5353	Level 3: 5355 Level 5: 5357
Level 2: 5354	Level 4: 5356 Level 6: 5358

11:30 AM	Mon - Fri, July 7 - July 18
Level 1: 5359	Level 3: 5361 Level 5: 5363
Level 2: 5360	Level 4: 5362 Level 6: 5364

11:30 AM	Mon - Fri, July 21 - Aug. 1
Level 1: 5365	Level 3: 5367 Level 5: 5369
Level 2: 5366	Level 4: 5368 Level 6: 5370

11:30 AM	Mon - Fri, Aug. 4 - Aug. 15
Level 1: 5371	Level 3: 5373 Level 5: 5375
Level 2: 5372	Level 4: 5374 Level 6: 5376

CHURCHILL POOL - MORNINGS

Time	Dates
10:00 AM	Mon - Fri, June 23 - July 4
Level 1: 5377	Level 3: 5379 Level 5: 5381
Level 2: 5378	Level 4: 5380 Level 6: 5382

10:00 AM	Mon - Fri, July 7 - July 18
Level 1: 5383	Level 3: 5385 Level 5: 5387
Level 2: 5384	Level 4: 5386 Level 6: 5388

10:00 AM	Mon - Fri, July 21 - Aug. 1
Level 1: 5389	Level 3: 5391 Level 5: 5393
Level 2: 5390	Level 4: 5392 Level 6: 5394

10:00 AM	Mon - Fri, Aug. 4 - Aug. 15
Level 1: 5395	Level 3: 5397 Level 5: 5399
Level 2: 5396	Level 4: 5398 Level 6: 5400

CHURCHILL POOL - EVENINGS

Time	Dates
5:30 PM	Mon - Fri, June 23 - July 4
Level 1: 5401	Level 3: 5403 Level 5: 5405
Level 2: 5402	Level 4: 5404 Level 6: 5406

5:30 PM	Mon - Fri, July 7 - July 18
Level 1: 5407	Level 3: 5409 Level 5: 5411
Level 2: 5408	Level 4: 5410 Level 6: 5412

5:30 PM	Mon - Fri, July 21 - Aug. 1
Level 1: 5413	Level 3: 5415 Level 5: 5417
Level 2: 5414	Level 4: 5416 Level 6: 5418

5:30 PM	Mon - Fri, Aug. 4 - Aug. 15
Level 1: 5419	Level 3: 5421 Level 5: 5423
Level 2: 5420	Level 4: 5422 Level 6: 5424

SWIM LESSON LEVEL DESCRIPTIONS

Level 1 - Introduction to Water Skills, entering and exiting the water unassisted, do assisted bobs and front/back float.

Level 2 - Fundamental Skills. Children will learn how to jump from the deck into chest deep water, float without assistance, learn to tread water, go completely underwater, swim 15 feet using leg and arm strokes.

Level 3 - Stroke Development. Children will work on stroke development (butterfly, crawl), jump into deep water, begin diving and learn rotary breathing.

Level 4 - Stroke Improvement. Develops confidence in the strokes and other skills including additional diving techniques and swimming underwater.

Level 5 - Stroke Refinement. Provides further coordination & refinement of strokes, rescue swimming and treading water

Level 6 - Swim & Skill Proficiency. Combines Personal Water Safety, Life-guard Readiness and Fitness Swimming.





Semi-Private Swim Lessons

Ages 6 - 17

Semi Private swim lessons consist of a maximum of 2 persons in a lesson at a time and are 30 minutes in length. Great for one-on-one personalized attention.

Fee: \$65.00 per session

CHURCHILL POOL - EVENINGS

Time	Dates
6:00 PM	Mon - Fri, June 23 - 27
Level 1: 5425	Level 3: 5427 Level 5: 5429
Level 2: 5426	Level 4: 5428 Level 6: 5430
6:00 PM	Mon - Fri, June 30 - July 4
Level 1: 5431	Level 3: 5433 Level 5: 5435
Level 2: 5432	Level 4: 5434 Level 6: 5436
6:00 PM	Mon - Fri, July 7 - 11
Level 1: 5437	Level 3: 5439 Level 5: 5441
Level 2: 5438	Level 4: 5440 Level 6: 5442
6:00 PM	Mon - Fri, July 14 - 18
Level 1: 5443	Level 3: 5445 Level 5: 5447
Level 2: 5444	Level 4: 5446 Level 6: 5448
6:00 PM	Mon - Fri, July 21 - 25
Level 1: 5449	Level 3: 5451 Level 5: 5453
Level 2: 5450	Level 4: 5452 Level 6: 5454
6:00 PM	Mon - Fri, July 28 - Aug. 1
Level 1: 5455	Level 3: 5457 Level 5: 5459
Level 2: 5456	Level 4: 5458 Level 6: 5460
6:00 PM	Mon - Fri, Aug. 4 - 8
Level 1: 5461	Level 3: 5463 Level 5: 5465
Level 2: 5462	Level 4: 5464 Level 6: 5466
6:00 PM	Mon - Fri, Aug. 11 - 15
Level 1: 5467	Level 3: 5469 Level 5: 5471
Level 2: 5468	Level 4: 5470 Level 6: 5472
6:00 PM	Mon - Fri, Aug. 18 - 22
Level 1: 5473	Level 3: 5475 Level 5: 5477
Level 2: 5474	Level 4: 5476 Level 6: 5478

Special Needs Swim Lessons

Ages 6 & up

Swim Lessons for children or adults with physical disabilities. Swim lessons are limited to one person per session. No make ups for missed or cancelled classes. Fee: \$40.00/session

MILL POND POOL - EVENINGS

ID:	Time	Dates
5479	6:00 PM	Mon/Wed/Fri June 23 - July 4
5480	6:30 PM	Mon/Wed/Fri June 23 - July 4
5481	6:00 PM	Mon/Wed/Fri July 7 - 18
5482	6:30 PM	Mon/Wed/Fri July 7 - 18
5483	6:00 PM	Mon/Wed/Fri July 21 - Aug. 1
5484	6:30 PM	Mon/Wed/Fri July 21 - Aug. 1
5485	6:00 PM	Mon/Wed/Fri Aug. 4 - 15
5486	6:30 PM	Mon/Wed/Fri Aug. 4 - 15

SWIM LESSON LEVEL DESCRIPTIONS

Level 1 -

Introduction to Water Skills, entering and exiting the water unassisted, do assisted bobs and front/back float.

Level 2 -

Fundamental Skills. Children will learn how to jump from the deck into chest deep water, float without assistance, learn to tread water, go completely underwater, swim 15 feet using leg and arm strokes.

Level 3 -

Stroke Development. Children will work on stroke development (butterfly, crawl), jump into deep water, begin diving and learn rotary breathing.

Level 4 -

Stroke Improvement. Develops confidence in the strokes and other skills including additional diving techniques and swimming underwater.

Level 5 -

Stroke Refinement. Provides further coordination & refinement of strokes, rescue swimming and treading water

Level 6 -

Swim & Skill Proficiency. Combines Personal Water Safety, Lifeguard Readiness and Fitness Swimming.

Semi-Private Adult Swim Lessons

Ages 18 & up

A wonderful opportunity for adults to learn how to swim in an age appropriate and comfortable atmosphere. Lessons are taught in groups of two participants to one instructor.

Basic Skills

Learn the basics of floating (front & back), feeling comfortable in water, and submerging head underwater.

Stroke Development

Develop and refine strokes such as front and back crawl, breaststroke, backstroke, butterfly and sidestroke.

Fitness Swimming

Develop endurance swimming, learn turns, training techniques, and use of equipment to help improve skills.

Location: Churchill Park Pool

Fee: \$65 for 5 classes

ID:	Time	Dates
	6:30 - 7:00 PM	June 23 - July 21
5488	Basic Skills	
5489	Stroke Development	
5490	Fitness Swimming	
	6:30 - 7:00 PM	July 28 - Aug. 25
5491	Basic Skills	
5492	Stroke Development	
5493	Fitness Swimming	