

Level 6

~Work on fitness swimming, turns and diving.

~This class is for all stroke refinement, lifeguard readiness, and water safety.

A	3/20 - 4/10	Tues & Thurs		6:25pm - 7:15pm
B	4/17 - 5/8	Tues & Thurs		6:25pm - 7:15pm
C	5/15 - 6/5	Tues & Thurs		6:25pm - 7:15pm
D	3/17 - 5/5	Saturday	*	9:00am - 9:50am
E	5/12 - 6/23	Saturday		9:00am - 9:50am
F	6/30 - 8/11	Saturday		9:00am - 9:50am
G	6/18 - 6/28	Mon - Thurs		9:00am - 9:50am
H	7/2 - 7/12	Mon - Thurs	**	9:00am - 9:50am
I	7/16 - 7/26	Mon - Thurs		9:00am - 9:50am
J	7/30 - 8/9	Mon - Thurs		9:00am - 9:50am

The aquatic staff at The Brunswick Community Recreation and Fitness Center hope that you and your Child have a pleasant experience with our Learn To Swim Program.

If you have any questions about the lessons or your child's progress, please contact Dee Filimon, Aquatics Supervisor at 330-273-8000 x 2. There is always a certified lifeguard on deck for all classes.

3637 Center Road
Brunswick, Ohio 44212

Phone:330-273-8000
Fax: 330-273-8389
WWW.BRUNSWICK.OH.US

 **BRUNSWICK COMMUNITY**
Recreation & Fitness Center

sponsored by
 **Southwest General**

Brunswick Rec Center
Learn to swim!

LEVELS 4 - 6

Ages 5 and up

Spring/Summer 2012



www.brunswick.oh.us

This learn to swim program offers six comprehensive course levels that teach participants how to swim skillfully and safely. The prerequisite for each level is successful demonstration of the skills taught in the preceding level. Beginners start at Level 1, which has no prerequisite. To enter into the levels, you must be at least 5 years old.

**Level 4
Dolphins**

- ~Students should be able to do a coordinated front crawl with rhythmic breathing, and the back crawl.
- ~Students should be able to understand and complete the elementary back stroke and breast stroke basics.
- ~Continue to perfect front crawl, back crawl, elementary back stroke and breast stroke.
- ~Introduction to the butterfly and sidestroke kicks.
- ~Improve distances

A	3/20-4/10	Tues & Thurs	5:30pm - 6:20pm
B	4/17-5/8	Tues & Thurs	5:30pm - 6:20pm
C	5/15-6/5	Tues & Thurs	5:30pm - 6:20pm
D	3/17-5/5	Saturday *	9:00am - 9:50am
E	3/17-5/5	Saturday *	10:10am - 11:00am
F	5/12-6/23	Saturday	9:00am - 9:50am
G	5/12-6/23	Saturday	10:10am - 11:00am
H	6/30-8/11	Saturday	9:00am - 9:50am
I	6/30-8/11	Saturday	10:10am - 11:00am
J	6/18-6/28	Mon - Thurs	9:00am - 9:50am
K	6/18-6/28	Mon - Thurs	10:10am - 11:00am
L	7/2-7/12	Mon - Thurs **	9:00am - 9:50am
M	7/2-7/12	Mon - Thurs **	10:10am - 11:00am
N	7/16-7/26	Mon - Thurs	9:00am - 9:50am
O	7/16-7/26	Mon - Thurs	10:10am - 11:00am
P	7/30-8/9	Mon - Thurs	9:00am - 9:50am
Q	7/30-8/9	Mon - Thurs	10:10am - 11:00am

**Level 5
Polar Bears**

- ~ Students must show ability for increased distances in front crawl, back crawl, elementary backstroke and butterfly.
- ~ Introduced to flip turns.
- ~Continue working on sidestroke and butterfly
- ~ Build endurance.

A	3/20-4/10	Tues & Thurs	6:25pm - 7:15pm
B	4/17-5/8	Tues & Thurs	6:25pm - 7:15pm
C	5/15-6/5	Tues & Thurs	6:25pm - 7:15pm
D	3/17-5/5	Saturday *	9:00am-9:50am
E	5/12-6/23	Saturday	9:00am-9:50am
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G	6/18-6/28	Mon - Thurs	9:00am-9:50am
H	7/2-7/12	Mon - Thurs **	9:00am-9:50am
I	7/16-7/26	Mon - Thurs	9:00am-9:50am
J	7/30-8/9	Mon - Thurs	9:00am-9:50am
	MEMBERS	—	\$40
	NON MEMBERS	—	\$65

- * There will be no class on April 7 for the holiday
- ** There will be no class on Wed. July 4. We will have class on Friday July 6 for this session..