



**LSA 2019 SWIM PROGRAM INFORMATION**  
**Class Size is Limited – Sign up NOW!!!!**  
**Minimum 5 – Maximum 12 participates per class**



**Session I**

June 17 – June 28 Monday – Friday

10:45-11:25 Beginner, Advanced Beginner, Intermediate, Advanced Intermediate

**Cost \$45**

**Session II**

July 8 - July 19 Monday – Friday

10:45-11:25 Beginner, Advanced Beginner, Intermediate, Advanced Intermediate

**Cost \$45**

**Session III**

July 29 - August 9 Monday – Friday

10:45-11:25 Beginner, Advanced Beginner, Intermediate, Advanced Intermediate

10:45-11:25 Toddler

**Cost \$45**

**Night Session**

June 17 - July 10 Monday and Wednesday's

5:45-6:30 Beginner and Advanced Beginner Only

**Cost \$45**

**Toddlers** – Ages 18 months and up. This is a basic introduction to water/game playing. Student has never been introduced to the water, or if they have been in the water it has been a limited amount. Purpose of this class is to teach the toddlers to be comfortable in the water so they will be ready for the next class, beginners. **Parent must be in water with student.**

**Beginner** – Ages 5 and up. Student learns the basic swimming skills (i.e., going under water ff bf crawl stroke) to move to the next class must be able to swim across the pool.

**Advanced Beginner** – Ages 5 and up. Student will learn front crawl, back crawl and whip kick. To go to the next class, student should be able to proficiently swim the length of the pool in each of these areas.

**Intermediate** – Student builds their endurance; learn breaststroke and sidestroke. To advance to the next level must be able to swim 50m (2 links) of each stroke without stopping.

**Advanced Intermediate** – Continue to build their endurance and learn flip turns, butterfly and how to do an IM.

**If you are unsure of the student's abilities, pre-testing will be done on the first day of lessons and the student will then be placed in the appropriate class.**

**Please register for lessons at the Lake Summerset Association in person. If this is not possible, please mail the student's information (include address, phone number, age, past swim experience, member name and lot number, and desired class session and time) and a check (i.e. made out to: Lake Summerset Association) for the appropriate amount per student to the LSA office.**

**Please Note: Registration Fees Cannot Be Refunded Once Classes Have Started**