

Plattsmouth Community Center

Summer Swim Lessons

2018 Summer Session Dates

Session 1: May 30th – June 13th
Session 2: June 15th – June 29th
Session 3: July 2nd – July 18th
Session 4: July 20th – August 3rd

\$32.00 Members
\$64 Non-Members

Classes 3x week

The Plattsmouth Community Center Aquatic staff would like to welcome you to our Swim Lesson Program. The Purpose of our Swim Lessons Program is to develop competency in swimming, along with confidence and endurance.

The PCC uses a student-centered learning approach when working with your child, which challenges the student to seek solutions to problems without complete dependency upon the instructor. The student learns to reason on his/her own to find a foundation for venturing out with successful experiences.

M/W/F Lesson Times

10-10:30

Lt Blue

Bronze/Silver/Gold

10:35-11:05

Purple

11:10-11:40

Orange/Red

Pink/Green

**Registration
Begins May 14th**

PLATTSMOUTH
www.plattsmouth.org recreation department

Where FAMILY, FUN & FITNESS come together!

(402) 296-5800

Class Descriptions

Classes for 3-5 years of age (30 minutes)

Light Blue: This is the beginning level for children in this age group. This class is perfect for the child who does not like the water and has trouble putting their head under the water. During this class the child will start to learn the beginning of swimming while playing games and becoming more comfortable in the water. They will learn the beginning of the front, back and side paddle strokes. Beginner

Purple: This class is perfect for the child who does not fear the water and has no problem putting their head under the water. Besides the front, side and rear paddle strokes they will be mastering the front and back float. How to swim away from the wall and then back to it again. They will also learn how to do surface turns and jumping into the pool and then back to the side by themselves. Intermediate

Classes for 4-6 and up (30 minutes)

Pink/Green: This class focuses on basic stroke development and rhythmic breathing. Your child will be working on increasing form development of the front, back, and side strokes. They will also be introduced to breaststroke and elementary backstroke. During this class they will also be focusing on the importance of floating. Depending on the ability of the children in the class will dictate how much the child will progress. Beginner/Intermediate

Classes for 6 and up (30 minutes)

Orange/Red: This is for the child who is becoming more comfortable in the deep end of the pool. This class is taught in some shallow and some deep end. In this class they work on building their endurance to start swimming 25 yards of each stroke while beginning to develop better stroke form. By the end of this class they will be able to swim 25 yards of each major stroke. They will learn how to fin and skull and hold themselves afloat for long periods of time. Intermediate/Advanced

Classes for 7 and up (30 minutes)

Bronze, Silver, and Gold classes are Combined

Bronze: To be in this level the child must be able to swim 25 yards without any assistant. The children will learn to improve treading water, to refine their strokes, the beginning of the butterfly and the rotary kick. Beginner

Silver: In this level the children will refine the breaststroke, elementary backstroke, side stroke, front and back crawl. Work on endurance and underwater swimming. They will also start to work with flippers and snorkel gear. They will also be introduced to synchronized swimming. Intermediate

Gold: In this level the children will work on endurance and refining all of the strokes. They will also learn the inverted breaststroke, over arm sidestroke, trudgen crawl and learn to start from starting blocks. They will swim an individual medley with and without fins. The children will also put together a synchro-skill routine. Advanced