

PCC SWIM LESSONS

Plattsmouth Community Center

Spring Session Dates

Monday 4/8/24 - 5/13/24

Saturday 4/13/24 - 5/18/24

\$28.00 Members
\$56 Non-Members

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.

Monday Lesson Times

Lt Blue/Purple 5:30-6:00pm

Bronze/Silver/Gold 5:30-6:00pm

Green/Pink 6:00-6:30pm

Orange/Red 6:00-6:30pm

Saturday Lesson Times

Lt Blue/Purple 10-10:30

Bronze/Silver/Gold 10-10:30

Green/Pink 10:35-11:05

Orange/Red 10:35-11:05

PLATTSMOUTH
www.plattsmouth.org recreation department
Where FAMILY, FUN & FITNESS come together!
(402) 296-5800

Limited Space Available
Classes fill up fast
Spring Registration Begins
March 18th 8:00am

Class Description

Classes for 3-5 years of age **Beginner/Intermediate** **Combined**

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.

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.

Classes for 5 and up **Beginner/Intermediate** **Combined- must be comfortable in the water**

Pink: This is the most advanced level for the 5 year old child and depending on the ability of the children in the class will dictate how much the child will learn. They will start to perfect all three paddle strokes and start to work on rhythmic breathing.

Green: This class is for the 6+ year old child that is just beginning swim lessons. This class is perfect for the child who does not know a lot about swimming and is not very comfortable in the deep end of the pool. They will learn the basic of each stroke and start for focus on the proper breathing techniques for each stroke.

Classes for 6 and up **Intermediate** **Combined –must be able to swim 15 feet**

Orange: 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.

Red: This class is held mostly in the deep end. 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.

Classes for 7 and up **Advanced** **Combined– must be able to swim 25 yards**

Bronze: To be in this level the child must be able to swim 25 yards with out any assistant. The children will learn to improve treading water, to refine their strokes, the beginning of the butterfly and the rotary kick.

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 kick boards. They will also be introduced to synchronized swimming.

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. .