Learn to Swim 2014

Group lessons start June 16 – August 22

Go to the Web from times and sessions

Alden Bridge Pool
Session 1 – 5
Pool Closed on Mondays

Creekwood Pool
Session 1 – 5
Pool Closed on Thursdays

Falconwing Pool
Session 1 – 5
Pool Closed on Wednesdays

Rob Fleming
Session 1 – 4
Pool Closed on Mondays

Sawmill Pool
Session 1 – 4
Pool Closed on Tuesdays

Call Debbie Arnold 281-210-3904 to be evaluated
(by appointment only)

Swim With Me - Ages: 6 mos – 2 1/2 yrs
Infants, toddlers and adults that accompany them will play games to get children to enjoy the water experience while teaching them basic water skills such as entering and exiting the water; feeling comfortable in the water; blowing bubbles, submersion; floating on back and front and changing body position in water.

Preschool – Ages: 2 ½ - 5 yrs
Entering and exiting the water using steps and side; bobbing; blowing bubbles; retrieving submerged objects; submerging entire body; front and back float with support; front glide with support; recovering to a vertical position and freestyle with support.

Level 1 – Ages: 3 – 7yrs
Opening eyes under water; submerging entire face; front float and recovery to vertical position with out support; freestyle and backstroke with assistance.

Level 2 – Ages: 4 – 8 yrs
Jumping from the side; holding breath; jellyfish and tuck floats without support; front and back glide with recovery to vertical position without support; back and freestyle independently; breaststroke, treading water and explorations of deep area of pool.

Level 3 – Ages: 5 – 10 yrs
Headfirst entry from kneeling and standing position; underwater recovery of objects, treading water; simultaneous arm and leg movements on stomach without support; rotary breathing, dolphin kick, side stroke and elementary backstroke

Advance – Ages: 5 – 12yrs
Freestyle, backstroke, breaststroke and butterfly stream line, dives and turns.

Jr. Swim Team – Swimming free and back stroke for 25 yards, working on butterfly and breast stroke, open turns and starts

Each session $65. for residents

REGISTER NOW!

The Woodlands Township Recreation Center
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