

East Rochester School District
2024 Summer Swim Lesson Information

Certified Swim Lessons - East Rochester District Residents Only
Starting Monday, July 8

at the heated Kate Gleason Memorial Outdoor Pool (109 East Ave.)

Summer Swimming Lessons are Monday-Friday. Classes will be taught by certified instructors using a proven curriculum, aligned with skills progression and objectives. Class levels require skills progression, building on techniques and endurance taught at previous levels. Teachers reserve the right to place swimmers where they will be most successful.

Suggested levels with class descriptions are:

LEVEL 1: Water exploration – introduction to water skills and breathing

LEVEL 2: Aquatic fundamentals – for those who can fully submerge their face, and have buoyancy skills on front and back

LEVEL 3: Stroke development – for those who can fully submerge their head, flutter kick on back and front and float on their own

LEVEL 4: Stroke improvement – for those who have a coordinated front crawl, backstroke, and elementary backstroke kick

LEVEL 5: Stroke refinement – for those who have good rotary breathing with front crawl, backstroke, breaststroke, sidestroke, elementary backstroke and butterfly.

LEVEL 6: Personal water safety – advanced swimming, safety, diving and lifeguard readiness.

Registration online only!

There will be three sessions for lessons; each session will be two weeks long.

The fee for **district residents for each session is \$50.**

SESSION 1		SESSION 2		SESSION 3	
MONDAY, JULY 8 - FRIDAY JULY 19		MONDAY JULY 22 - FRIDAY, AUGUST 2		MONDAY AUGUST 5 - FRIDAY, AUGUST 16	
8:30-9:00 am	Level 5 & 6	8:30-9:00 am	Level 5 & 6	8:30-9:00 am	Level 5 & 6
9:15-9:45 am	Level 3 & 4	9:15-9:45 am	Level 3 & 4	9:15-9:45 am	Level 3 & 4
10:00 -10:30 am	Level 1 & 2	10:00 - 10:30 am	Level 1 & 2	10:00-10:30 am	Level 1 & 2

THERE WILL NOT BE MAKE-UP LESSONS THIS YEAR