Hey Palouse!

It's that time of year to register your child(ren) for swim lessons.
Hurry! Space is limited.
Registration will start Monday June 12th

Group lessons Session 1 runs Monday through Thursday, July 10-20.
Group lessons Session 2 runs Monday through Thursday, July 24-Aug. 3.
Cost is $45 for Palouse Residents,
$55 for Non-residents.

Walk in to City Hall or call 878-1811 to register.

Private lessons are also available; call for more info.

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<u>Swim Level Guide</u>

Please use this guide to determine your child's level for swim lessons. In order to participate, children must be a minimum of age 4 by the first day of lessons.

Level 1: Water Adjustment
      My child has little or no water experience

Level 2: Body Position
      To register, my child can already:
- go underwater willingly with no hesitation
- float assisted on front and back
- follow directions
- jump in, go underwater, and be caught
- demonstrate comfort in the entire pool environment

Level 3: Mobility and beginning endurance
      To register, my child can already:
- float and glide unassisted on front and back for 10 seconds
- travel 15 feet using beginning paddling
- demonstrate a streamline kick on front and back for 15 feet
- jump in and recover to a back float

Level 4: Stroke Improvement
> *To register, my child can already:*
- jump into deep water
- float unassisted on back for 15 seconds
- travel ½ length of pool (streamline kick with sculling arms)
- roll over unassisted and swim the remaining length of pool (using a paddle stroke, streamline kick, and rhythmic breathing)

Level 5: Stroke Perfection
> *To register, my child can already:*
- perform consistent bilateral or rotary breathing
- demonstrate over-arm recovery on the front and back
- tread water for two minutes using any arm and kick pattern

Level 6: Advanced stroke kicks
> *To register, my child can already:*
- swim 25 yards of front crawl with complete coordination, using rotary breathing and over arm recovery every time swim 25 yards of back crawl including coordination and over arm recovery every time