

The Parks and Recreation Department will be offering limited swim lessons, for residents only, starting July 20, for the next three weeks. Each 40-minute class will be for five days. Class sizes are limited, only five students per class. Due to COVID-19, swim instructors will not have direct contact in the water with the students and social distancing will be enforced. Due to the restrictions, only LTS 3, 4 and 5 will be offered. Please do not send your child if they are showing any signs of illness and please come ready to swim as the locker rooms will not be available.

Registration is free and will be taken on a first come, first serve basis and all registrations will be done on WebTrac. Registration starts Friday, July 17 at 8 a.m. You can only register for one class at a time. If, after your session has ended on Friday, there are still openings, you can register for another class. Participants must be 6 years old by the first class. Please make sure you register your child for the class that fits their ability. Each student will be tested the first day. If they cannot fulfill the requirements for that level, we cannot guarantee an opening in another class to move them. Descriptions of the skills needed for each level are listed below.

The schedule is as follows:

July 20-24	LTS 3 9:30-10:10 a.m.
	LTS 4 10:20-11 a.m.
July 27-31	LTS 3 9:30-10:10 a.m.
	LTS 4 9:30-10:10 a.m.
	LTS 3 10:20-11 a.m.
	LTS 5 10:20-11 a.m.
Aug 3-7	LTS 3 9:30-10:10 a.m.
	LTS 4 9:30-10:10 a.m.
	LTS 4 10:20-11 a.m.
	LTS 5 10:20-11 a.m.

**Skills required for LTS 3.** - **1.** Step from side into chest-deep water, push off the bottom, move into a treading or floating position for at least 15 seconds, swim on front and/or back for 5 body lengths, then exit the water. **2.** Move into a back float for 15 seconds, roll to front, then recover to a vertical position. **3.** Push off and swim using combined arm and leg actions on front for 5 body lengths, roll to back, float for 15 seconds, roll to front, then continue swimming for at least 5 body lengths.

**Skills required for LTS 4** – **1.** Jump into deep water from the side, recover to the surface, maintain position by treading or floating for 1 minute, rotate one full turn then turn as necessary to orient to the exit point, level off, swim front crawl and/or elementary backstroke for 25 yards, then exit the water. **2.** Push off in a streamlined position then swim front crawl for 15 yards, change position and direction as necessary, swim elementary backstroke for 15 yards, then exit the water.

**Skills required for LTS 5** -**1.** Perform a feet first entry into deep water, swim front crawl for 25 yards, change direction and position as necessary and swim elementary backstroke for 25 yards. **2.** Swim breaststroke for 15 yards, change direction and position as necessary and swim back crawl for 15 yards. **3.** Submerge and swim a distance of 3 to 5 body lengths underwater without hyperventilating, return to the surface, then exit the water.

Please contact the office with any questions, 860-828-7009.