

SWIMMING LESSONS SCHEDULE

Feb

Level	Date	Time	Days of Week	Instructor
Parent & Child	Feb 19-28	1300-1330	Mon-Thur	Noble
Pre-S 1	Feb 4-27	1600-1630	Mon, Wed	Abraham
Level 1	Feb 4-27	1645-1730	Mon, Wed	Abraham
Pre-S 2	Feb 5-28	1600-1630	Tue, Thur	Abraham
Level 2	Feb 5-29	1645-1730	Tue, Thur	Abraham

Mar

Level	Date	Time	Days of Week	Instructor
Parent & Child	Mar 18-28	1300-1330	Mon-Thur	Noble
Pre-S 2	Mar 4-27	1600-1630	Mon, Wed	Abraham
Level 2	Mar 4-27	1645-1730	Mon, Wed	Abraham
Pre-S 3	Mar 5-28	1600-1630	Tue, Thur	Abraham
Level 3	Mar 5-29	1645-1730	Tue, Thur	Abraham

**Gardner Indoor Pool
2191 Kentucky Avenue
Fort Campbell, KY 42223
(270) 798-6310**

Class Descriptions

Level A

Parent and Child Aquatics (Parent/adult required in water)

6 months – 3 years

A program for parents and their children where the parents are taught correct water acclimating techniques and general water safety for their children.

Pre School I (No parent participation)

4-5 years

Skills taught include entering and exiting the water safely, submerging head and blowing bubbles for 3 seconds, gliding on front for 3 body lengths and rolling to back, both with support. No prerequisite!

Pre School II (No parent participation)

4-5 years

Skills taught include bobbing, supported floating, introduction to strokes and kicking. Exit skills. Prerequisite - Pre School I

Pre School III (No parent participation)

4-5 years

Skills taught include breath control, unsupported floating, unsupported kicking and combined strokes on the front. Exit skills. Prerequisite – Pre School II

Level I Introduction to Water Skills

Skills taught include water adjustment, breath control, supported kicking, entering and exiting pool independently and basic water safety. Exit skills

No prerequisite!

Level II Fundamental Aquatic Skills

Skills taught include unsupported floating, flutter kicking, finning, gliding, combined stroke (front & back), rhythmic breathing and water safety skills. Exit skills. Prerequisite - Level I

Level III Stroke Development

Skills taught include the use of lifejackets, front and back crawl with rotary breathing (15 yards), introduction to butterfly kick, and treading 30 seconds in deep water. Exit skills. Prerequisite - Level II

**\$70 per session
(8 total classes)**