

Swim Lessons Schedule

\$40.00 (Discount available for multiple children in same family.)
(Children must be 4 years old to take group swim lessons.)

SESSION 1 June 8-19

(Children's Tree transportation this session.)

8:30-9:15 AM: Level 3

9:30-10:15 AM: Level 3, Level 4

10:30-11:15 AM: Level 3, Level 3

11:30-12:15 PM: Level 4, Level 5/6

SESSION 2 June 22-July 3

8:30-9:15 AM: Level 3

9:30-10:15 AM: Level 3, Level 4

10:30-11:15 AM: Level 3, Level 4

11:30-12:15 PM: Level 3, Level 5/6

SESSION 3 July 6-17

8:30-9:30 AM: Level 1,

9:30-10:15 AM: Level 1, Level 2, Level 3/4

10:30-11:15 AM: Pre-school, Level 2, Level 3

11:30-12:15 PM: Pre-school, Level 2, Level 4

SESSION 4 July 20-31

8:30-9:15 AM: Pre-school

9:30-10:15 AM: Level 1, Level 2, Level 3/4

10:30-11:15 AM: Pre-school, Level 2 Level 5&6

11:30-12:15 PM: Level 1, Level 4, Parent & Child

Lessons are scheduled Monday through Friday.

*Private swim lessons available—check with the pool office for details.



Brief Description of Swim Classes

Parent and Child Aquatics – Familiarize children between the ages of 6 months and approximately 3 years with the water and teach swimming readiness skills. Provide safety info for parents and teach techniques parents can use to orient their children to the water. *Parent/caregiver must accompany child in class.*

Preschool Aquatics – Enter and exit water independently, move independently in the water, submerge and blow bubbles, glide on front, roll from front to back, float on back, recover to a vertical position. Enter and exit chest-deep water from deck, maintain treading or floating position for 15 seconds, swim on front and/or back for 5 body lengths, float on back and front, roll from back to front, recover from float to vertical position, combined stroke using arms and legs on front.

Learn-to-Swim (LTS) Level 1 – Introduction to Water Skills – Enter/exit water independently, blow bubbles and bob, glide on front and back, roll front to back, back float and recover to a vertical position.

Learn-to-Swim (LTS) Level 2 – Fundamental Aquatic Skills – Enter and exit chest-deep water from deck, maintain treading or floating position for 15 seconds, swim on front and/or back, submerge and hold breath, float on front and back, combined stroke on front, change direction while swimming. Have the ability to self-rescue unassisted.

Learn-to-Swim (LTS) Level 3 – Stroke Development – Jump into deep water, head first entry, treading or floating for 1 minute, rotary breathing, front crawl, breaststroke, and elementary backstroke, scissor kick, change positions (vertical/horizontal).

Learn-to-Swim (LTS) Level 4 – Stroke Improvement – Improve proficiency in front crawl, breaststroke, and elementary backstroke, sidestroke, change directions while swimming, back crawl, submerge and swim underwater.

Learn-to-Swim (LTS) Level 5 – Stroke Refinement – Shallow-angle dive, surface dives, front flip turn, tread water and leg-only tread water, butterfly stroke, sculling on back, increase distance using all learned strokes.

Learn-to-Swim (LTS) Level 6 – Swimming and Skill Proficiency – Swim 500 yards continuously using any 3 strokes, swimming at least 50 yards of each stroke, turns, survival floating, extended treading.

Pool Rental

Rentals available on Wednesdays, Fridays, Saturdays: 6:30-8:30 PM, and Sundays: 5-7 PM.

Fee: **\$150** for residents and **\$175** for non-residents for less than 65 swimmers. Additional fees apply for more swimmers. \$100 deposit required to book. Call 903.564.5964 for more information. Beginning June 19, parties will be limited to 40 swimmers. This number is subject to change.

Swimming Pool Quick Facts

No regular diapers are allowed in the pool - "Little Swimmers" or contained swimsuits only.

Private swim lessons are available. Please see pool office for details.

Ten minutes at the end of each hour of public swim is set aside for a safety break for ages 15 and under.

Children under 8 MUST be accompanied by an adult within arm's reach in the pool **at all times.**



Lifeguard Certification

Gain the knowledge and skills needed to prevent and respond to emergencies in and around an aquatic environment. CPR for the Professional Rescuer and First Aid are included in the course. Students must attend all classes. All City of Whitesboro lifeguards are Red Cross certified. Completion of course does not guarantee employment with the City of Whitesboro. Students must be 15 years old and pass a water pre-test to take the class.

Deadline to register: May 1 (Space limited; register early.)

Pre-test: May 4 & 5

Pre-test fee: \$25.00 (non-refundable)

Class dates: May 21 – May 29

Class fee: \$175.00 (total)

Class itinerary available at www.whitesborotexas.com/pard



Water Safety Instructor Course

Get the certification to teach American Red Cross swim lessons. Students must attend all classes. Completion of the course does not guarantee employment with the City of Whitesboro. Students must be 16 years old and pass a water pre-test to take the class.

Deadline to register: May 22 (Space limited; register early.)

Pre-test: May 22 & 23

Pre-test Fee: \$25 (non-refundable)

Class Dates: May 29 – June 5

Class Fee: \$175 (total)

Class itinerary available at www.whitesborotexas.com/pard

