

2021 Swim Lessons



Swim Lessons are open to children and adults of all abilities. Swim lessons are six classes at 45 minutes each. Pre-registration required for all levels. Held at the Doris E. Buffett Pool. Instructor: Parks & Rec Staff. Register online at <https://secure.recl.com/catalog>.
\$50 (resident/non-resident) Private Lessons \$120 (resident/non-resident)

Session Dates:

- Session 1: June 7-16
- Session 2: June 21-30
- Session 3: July 12-21
- Session 4: July 26-August 4

Class Schedule:

- Week 1: Monday-Wednesday
- Week 2: Monday-Wednesday
- Makeup Days: Thursday**

Parent/Child Swimming- Ages: 6 months - 3yrs

These skills offer a foundation for learning the swimming strokes. Safety topics are also presented. A parent is required to be in the water. Instructor will work with each group/level as determined.

Session 1	
June 7-9 and June 14-16	11-11:45am
June 7-9 and June 14-16	6-6:45pm
Session 2	
June 21-23 and June 28-30	11-11:45am
June 21-23 and June 28-30	6-6:45pm
Session 3	
July 12-14 and July 19-21	11-11:45am
July 12-14 and July 19-21	6-6:45pm
Session 4	
July 26-28 and August 2-4	11-11:45am
July 26-28 and August 2-4	6-6:45pm

Preschool Swim Lessons- Ages: 4yrs - 5yrs

Children are taught to feel comfortable in the water while learning elementary aquatic skills.

Session 1	
June 7-9 and June 14-16	9-9:45am
June 7-9 and June 14-16	10-10:45am
June 7-9 and June 14-16	11-11:45am
June 7-9 and June 14-16	6-6:45pm
Session 2	
June 21-23 and June 28-30	9-9:45am
June 21-23 and June 28-30	10-10:45am
June 21-23 and June 28-30	11-11:45am
June 21-23 and June 28-30	6-6:45pm
Session 3	
July 12-14 and July 19-21	9-9:45am
July 12-14 and July 19-21	10-10:45am
July 12-14 and July 19-21	11-11:45am
July 12-14 and July 19-21	6-6:45pm
Session 4	
July 26-28 and August 2-4	9-9:45am
July 26-28 and August 2-4	10-10:45am
July 26-28 and August 2-4	11-11:45am
July 26-28 and August 2-4	6-6:45pm

Level 1- Ages: 6yrs -17yrs

Introduction to Water Skills -- Water adjustment, floating, breath control, water entry/exit.

Session 1	
June 7-9 and June 14-16	9-9:45am
June 7-9 and June 14-16	10-10:45am
June 7-9 and June 14-16	11-11:45am
June 7-9 and June 14-16	6-6:45pm
Session 2	
June 21-23 and June 28-30	9-9:45am
June 21-23 and June 28-30	10-10:45am
June 21-23 and June 28-30	11-11:45am
June 21-23 and June 28-30	6-6:45pm
Session 3	
July 12-14 and July 19-21	9-9:45am
July 12-14 and July 19-21	10-10:45am
July 12-14 and July 19-21	11-11:45am
July 12-14 and July 19-21	6-6:45pm
Session 4	
July 26-28 and August 2-4	9-9:45am
July 26-28 and August 2-4	10-10:45am
July 26-28 and August 2-4	11-11:45am
July 26-28 and August 2-4	6-6:45pm

WEATHER CANCELLATION FRED ALERT

Cancellation notifications in real time directly to your devices.

- 1) **Sign up at [FredericksburgAlert.com](https://www.fredericksburgalert.com)**
- 2) **Pick which lists** are important to you: Sports, Parks and Pool, and/or Programs and Events
- 3) **Update OFTEN.** Sign in to [FredericksburgAlert.com](https://www.fredericksburgalert.com) to update your list preferences any time.

Level 2- Ages: 6yrs – 17yrs

Fundamental Aquatic Skills -- Breath holding, retrieving objects, orientation to deep water, front and back floating.

Session 1	
June 7-9 and June 14-16	8-8:45am
June 7-9 and June 14-16	9-9:45am
June 7-9 and June 14-16	10-10:45am
June 7-9 and June 14-16	7-7:45pm
Session 2	
June 21-23 and June 28-30	8-8:45am
June 21-23 and June 28-30	9-9:45am
June 21-23 and June 28-30	10-10:45am
June 21-23 and June 28-30	7-7:45pm
Session 3	
July 12-14 and July 19-21	8-8:45am
July 12-14 and July 19-21	9-9:45am
July 12-14 and July 19-21	10-10:45am
July 12-14 and July 19-21	7-7:45pm
Session 4	
July 26-28 and August 2-4	8-8:45am
July 26-28 and August 2-4	9-9:45am
July 26-28 and August 2-4	10-10:45am
July 26-28 and August 2-4	7-7:45pm

Level 3- Ages: 6yrs – 17yrs

Stroke Development -- Object retrieval (eyes open), bobbing (submerged head), jumping into deep water, diving from a kneeling position, glides, arm strokes, back crawl, elementary backstroke, reversing directions while swimming on front and back, treading water, deep water entry with life jacket, H.E.L.P. position, huddle position, and basic rescue techniques. Must pass Level 2 skill test to enter Level 3. Level 3 and 4 may be combined based on registration numbers.

Session 1	
June 7-9 and June 14-16	8-8:45am
June 7-9 and June 14-16	11-11:45am
June 7-9 and June 14-16	7-7:45pm
Session 2	
June 21-23 and June 28-30	8-8:45am
June 21-23 and June 28-30	11-11:45am
June 21-23 and June 28-30	7-7:45pm
Session 3	
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July 12-14 and July 19-21	7-7:45pm
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July 26-28 and August 2-4	11-11:45am
July 26-28 and August 2-4	7-7:45pm

Level 4- Ages: 6yrs – 17yrs

Stroke Improvement -- Deep water bobbing, rotary breathing, diving from side of pool (stride and standing positions). Must pass Level 3 to enter Level 4. Level 3 and 4 may be combined based on registration numbers.

Session 1	
June 7-9 and June 14-16	8-8:45am
June 7-9 and June 14-16	11-11:45am
June 7-9 and June 14-16	7-7:45pm
Session 2	
June 21-23 and June 28-30	8-8:45am
June 21-23 and June 28-30	11-11:45am
June 21-23 and June 28-30	7-7:45pm
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Adaptive Swimming- Ages: 5yrs and older

Children and young adults with special needs can learn to swim. These lessons are specialized for individuals (children/adults) with disabilities who cannot, or prefer not to be mainstreamed. Skills are adapted to meet participants' needs and levels of function. Lessons will have smaller instructor-to-student ratio sizes. Participation of a family member is encouraged and may be required.

Session 1	
June 7-9 and June 14-16	10-10:45am
June 7-9 and June 14-16	7-7:45pm
Session 2	
June 21-23 and June 28-30	10-10:45am
June 21-23 and June 28-30	7-7:45pm
Session 3	
July 12-14 and July 19-21	10-10:45am
July 12-14 and July 19-21	7-7:45pm
Session 4	
July 26-28 and August 2-4	10-10:45am
July 26-28 and August 2-4	7-7:45pm

Private Lessons- All Ages

Private lessons offer one-on-one instruction for all ages and all abilities. Sessions (8- 30 minute classes) are scheduled by you and an instructor during the months of June-August. Instructor will call to schedule.