

Freedom Swim Club

Group Swim Lessons

All children who are new to swim lessons can be evaluated prior to signing up to determine what level will be most appropriate for their ability. Please see Kim to set up an evaluation at your convenience.

Swim lessons will be taught by our lifeguarding staff. All lessons will be 30 minutes long with 6 classes per session. There are 4 levels offered with the goal of advancing through all levels and qualifying to be a member of our Freedom Dolphin Swim Team. All of our lessons focus on safety and stroke technique.

Session 1: Mondays, Wednesdays, Fridays
6/19 – 6/30

Session 2: Mondays, Wednesdays, Fridays
7/10 – 7/21

Session 3: Mondays, Wednesdays, Fridays
8/7 – 8/18

Lessons will be offered on Mondays, Wednesdays, and Fridays between 12:00 and 1:00 and between 6:00 and 7:00. As soon as we see our enrollment numbers, we will contact you to inform you of your child's 30 minute lesson time.

Price: \$42 per session (Checks due with this form – made payable to Freedom Swim Club)

Name _____

Child's Name _____

Phone # _____

Child's Age _____

Level _____

Session # _____

(Levels described on back)

Time preference (Circle One):

12-1 OR 6-7

****If these times do not fit into your schedule, please stop by the office to get a list of our guards who teach private lessons.**

Any questions...please call Kim Nava (pool manager) at 410-795-9778

Guidelines For Level Placement

Level 1 - This level is intended for children who have never had a swim lesson before. This is a beginner class with the goal of becoming comfortable in the water. The students will blow bubbles, float, and use basic freestyle and backstroke arm movement and kicking techniques. They will jump off of the pool wall and submerge their faces in the water.

Level 2 – This level builds upon the skills learned in level 1. The students will refine their stroke techniques for freestyle and backstroke. They will learn the basics of diving and streamlining their bodies. They will begin to learn dolphin kicks. Overall they will begin to swim properly in the deeper section of the pool.

Level 3 – This level builds upon the skills learned in level 2. The students will be swimming the length of the pool for freestyle and backstroke while using proper breathing technique. They will refine their kicking for both butterfly and breaststroke. They will work on racing starts for freestyle and backstroke.

Level 4 – This level is intended for preparation for our Freedom Dolphins Swim Team. Students will become knowledgeable of all 4 strokes and understand racing starts and finishes. It is our goal to foster a love of swimming in the hopes that they will be encouraged to join our swim team.