



Vince's Park will offer 1 session of swim instruction this summer for a 2-week period. This session will consist of 8 days over 2 weeks, Monday through Thursday. There are no classes on weekends or Fridays unless severe weather causes a make-up date to complete course work. Each session will run from 50 minutes long. Levels of instruction will range from Toddler through Advanced. Parents are not required to attend classes with children, the staff at Vince's Park would actually prefer that if you do stay, please do not sit on the pool deck. This allows for easier instruction from our staff.

Class size is limited on a first received basis and payment is required to register. If a class fills a waiting list will be taken. Every effort is made to accommodate as many children as possible without corrupting the integrity of the program. Vince's Park program philosophy is simple: quality over quantity.

Levels of Instruction:

Preschool Aquatics: Basic Skills include new levels of water adjustment, underwater exploration and personal safety without parents. This is a basic, FUN introduction to water. Ages 4/5

- Level 1:** To begin developing positive attitudes, good swimming habits and safe practices in and around the water.
- Level 2:** To give participants success with fundamental skills, including learning how to float without support and to recover to a vertical position.
- Level 3:** To build on the skills in Level 2 by providing additional guided practice in deeper water.
- Level 4:** To develop participants' confidence in the strokes learned in Level 3 and to improve other aquatic skills.
- Level 5:** Skills include stroke proficiency, turns, personal safety and rescue.
- Level 6:** Personal Safety & Rescue, Fitness Swimmer, Diving Refinement.

Program Dates: Monday, July 24th-Thursday, August 3rd

Lessons & Time Schedule

9:30-10:30 Preschool Aquatics, Level 1, Level 2, Levels 3 & 4, Level 5, Level 6

10:45-11:45 Preschool Aquatics, Level 1, Level 2, Levels 3 & 4, Level 6 Rescue

6:30-7:30 Preschool Aquatics, Level 1, Level 2, Levels 3 & 4, Level 5

Please note: Number of classes offered and time classes are offered, may be subject to change.

Fees: \$25.00 Individual; \$15.00 Additional Family; \$10.00 Each Additional Family

Registration: Starting May 30th applications will be taken at Vince's Park

Please make checks payable to: Seneca Falls Parks and Recreation.

Receipt # _____

CA/CK# _____ (Amount _____)

