

Propstra Aquatic Center

Saturday

Swim Lessons

Saturdays

Session 8: September 9-30

Session 9: October 7-28

Session 10: November 4-25

9:00-9:30

Pre Beginner, Pre Level 1, Level 2

9:35-10:05

Pre-Level 2, Level 2, Level 4/5

10:10-10:40

Parent-n-tot, Level 1, Level 3

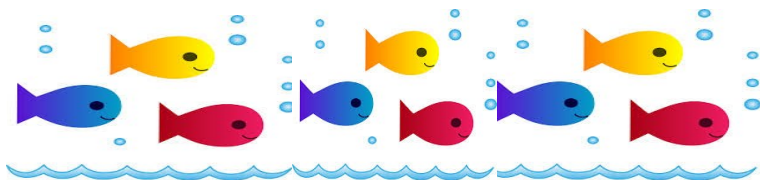
Stop by to Register or Visit us at
605 North Devine, Vancouver, Wa 98661
360.313.3625 jpsc.vansd.org

4 lessons \$28.00

Pre – Registration **REQUIRED** on ALL
swim lessons, if space is available.

Classes fill fast. First come first serve.

Due to our on going schedule
no make up classes can be offered.



Infant and Toddler Lessons

Ages 6 months- 3 years

Parent-n-tot (Starfish)

Ages 6 months- 3 years

Water orientation for children 6 months to 3 years old with parents in the water. Parents assist child in basic swimming and safety skills. Non-toilet-trained children must wear swim diapers (*swim diapers are available for purchase at front desk*).

Preschool Lessons

Ages 3-5 years old

Pre-Beginners (Salamanders)

Starting point for children ages 3-5. Adjust to the water and become comfortable putting face in the water.

Pre-Level 1 (Turtles)

For children who have completed pre beginner and/or are comfortable putting their face in the water. This class will help your child become more comfortable on their back, stomach, and rolling over from one side to the other side.

Pre -Level 2 (Hippo)

For children who have completed pre level 1 and/or are able to swim on back and stomach independently. Progress to move through water with arm strokes and kicking in preparation or side breathing.

Youth Lessons

6 years and older

Level 1 (Walrus)

Starting point for children 6 and up. Learn to become comfortable in the water and progress to swimming on front, back and rolling over.

Level 2 (Frogs)

For children who have completed level 1 and/or who are able to swim comfortably on front and back without instructor assistance. Progress to swimming front crawl and back glide independently.

Level 3 (Manatees)

For children who have completed level 2 and/or are able to swim front crawl and back glide independently. Progress to swimming 25 yards front crawl with side breathing and 25 yards back crawl without instructor assistance.

Level 4 (Whales)

For children who have completed level 3 and/or are able to swim 25 yards front crawl with side breathing and 25 yards back crawl. Students will refine front crawl and back crawl skills and learn elementary backstroke.

Level 5 (Flying Fish)

For children who have completed level 4 and/or are able to swim 50 yards front crawl with side breathing, 50 yards back crawl and elementary back stroke. Students will refine breast stroke and sidestroke skills and learn the butterfly stroke.

2017-18