



Summer Swim Lessons

@

Propstra Aquatic Center

Monday-Thursday

9:30-10am

Pre-Beginner, Pre-Level 1, Level 3

10:05-10:35 am

Parent-n-Tot, Pre-Level 2, Level 1/2

10:40-11:10 am

Pre-Beginner, Level 1, Level 2

11:15-11:45 am

Pre-Level 1, Level 1, Level 4/5

Session classes offered may change but will be posted prior to the end of the session. Due to our on-going schedule we do not make-up missed lessons.

Youth Lessons (6 years and older)

Level 1 (Walrus) Starting point for children 6 and up. Become comfortable in the water and progress to swimming on front, back and rolling over, and putting face in water.

Level 2 (Frogs) Must complete level 1 and/or who are able to swim comfortably on front and back independently. Progress to swimming front crawl and back glide independently.

Level 3 (Manatees) Must complete level 2 and/or are able to swim front crawl and back glide independently. Progress to swimming 25 yds front crawl with side breathing and 25 yds back crawl independently.

Level 4 (Whales) Must complete level 3 and/or are able to swim 25 yds front crawl with side breathing and 25 yds back crawl. Students will refine front crawl & back crawl skills and learn elementary backstroke.

Level 5 (Flying Fish) Must complete level 4 and/or are able to swim 50 yds front crawl with side breathing, 50 yds back crawl and elementary back stroke. Students will refine breast stroke, sidestroke skills and learn butterfly stroke.

Monday - Thursday

\$56.00 for 8 classes

#1 June 24-July 3

(\$49- 7 lessons)

#2 July 8-18

#3 July 22- August 1

2019

Private Lessons are available. Contact Cayenne at cayenne.yarnell@vansd.org

Registration **REQUIRED** on **ALL** swim lessons. Register on-line at vansd.org/propstra-aquatic-center

**Classes fill fast.
First come, first serve.**

Propstra Aquatic Center
605 N. Devine,
Vancouver, WA. 98661
360-313-3625

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, floating and kicking with assistance.

Pre-Level 1 (Turtles) Must complete pre beginner and/or be comfortable putting their face in the water. Swimmers will gain independence on their back, stomach, and rolling over from one side to the other side.

Pre -Level 2 (Hippo) Must complete 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 for side breathing.

