

2011

Sam Fishman Pool - Vergennes Pool & Swim Lesson Schedule

Opening Day
Last Day

June 18, 2011
August 20, 2011

General Swim: 1:00 p.m. – 5:00 p.m. and 6:30 p.m. – 8:00 p.m.
Adult Swim: 12:30 p.m. – 1:00 p.m. and 5:00 p.m. – 5:30 p.m.

(Note: Public use of the pool is not allowed during swim team competitions)

June 4 Swim lesson sign-up, 8:00 a.m. – 10:00 a.m. at the pool.
June 27 – July 8 Session One - Complete Lesson Program, 9:15 a.m. – 12:30 p.m.
July 11 – July 22 Session Two - Complete Lesson Program, 9:15 a.m. – 12:30 p.m.
July 25 – Aug 5 Session Three - Complete Lesson Program, 9:15 a.m. – 12:30 p.m.

Lesson Times: 9:15 – 9:55, 10:05 – 10:45, 10:55 – 11:35, 11:45 – 12:30.

Class Progression

Parent and Child Aquatics Level I

6 months through 5 years of age – Parent or trusted adult must participate in the water on a one-to-one basis.

Parent and Child Aquatics Level II

Builds upon the skills learned in Parent and Child Aquatics Level I

Level I Introduction to Water Skills

Four and five years of age – Helps students feel comfortable in the water and to enjoy the water safely. Participants will learn elementary aquatic skills such as supported floating and submersion of face and body.

Level II Fundamental Aquatic Skills

Five through seven years of age - Gives students success with fundamental skills. Participants will learn to float and beginning stroke movements.

Level III Stroke Development

Build on skills in Level II by providing additional guidance and practice. Participants will learn front and back crawl, butterfly, head-first entries and treading water.

Level IV Stroke Improvement

Develops confidence in the stroke previously learned and improves other aquatic skills. Participants will learn swimming endurance, elementary backstroke, breaststroke and elements of sidestroke.

Level V Stroke Refinement

Provides further coordination and refinement of strokes. Participants will learn refinement of all strokes and increase distance. Flip turns on front and back are also introduced.

Level VI Swimming and Skill Proficiency

Refines strokes so students swim them with ease, efficiency, power and smoothness over greater distances. Options include: Fitness Swimmer and Personal Water Safety.

Lifeguard Training

Must be 15 years of age and pass a swimming skill pre-test. Offered only in Session Two, 9:15 to approx. noon. Minimum of 2 participants to run class. Fee for lessons, mask and books.

NO LESSONS ON HEAVY RAIN DAYS, THUNDERSTORMS OR JULY 4TH HOLIDAY.

Vergennes resident: Lessons \$40.00 per session (2 weeks)

All residents other than Vergennes Lessons \$55.00

Lifeguard Training \$150.00

NO REFUNDS

POOL COMMITTEE WILL POST NUMBERS STARTING AT 7:00 A.M.