

2016

Sam Fishman Pool - Vergennes Pool & Swim Lesson Schedule

Opening Day June 13, 2016

Vergennes Swim Team Fundraising Events

Movie Night June 13 – 7-10 p.m.
Twisting by the Pool June 24 – 6-8 p.m.

Swim Meets – (Public use of the pool is not allowed during swim team competitions)

Vergennes vs Edge June 28 – 5 p.m.
Vergennes vs Winooski June 30 – 5 p.m.
Vergennes vs Burlington Tennis Club July 7 – 5 p.m.
Vergennes vs St. Albans July 12 – 5 p.m.
Vergennes vs Middlebury July 19 – 5 p.m.
League Meet Hosted by Vergennes July 29-30 (July 31 rain date if required)

Last Day August 21, 2016

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

August General Swim: 1:00 p.m. – 7:00 p.m.
Adult Swim: 12:00 p.m. – 1:00 p.m.
Family Swim: 5:00 p.m. – 5:30 p.m.

June 11 Swim lesson sign-up, 8:00 a.m. – 10:00 a.m. at the pool.

June 20 – July 1 Session One - Complete Lesson Program, 9:35 a.m. – 11:50 p.m.
July 5 – July 15 Session Two - Complete Lesson Program, 9:35 a.m. – 11:50 p.m.
July 18 – July 29 Session Three - Complete Lesson Program, 9:35 a.m. – 11:50 p.m.

Lesson Times: 9:35 – 10:15, 10:25 – 11:05, 11:15 – 11:55.

Late Afternoon Program Monday – Wednesday – Friday – three weeks 5:35 p.m. - 6:15 p.m.
June 20 – July 8
July 11 – July 29

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.

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

Vergennes resident: Lessons \$45.00 per session (2 weeks)
All residents other than Vergennes Lessons \$60.00

Lifeguard Training Must be 15 years of age and pass a swimming skill pre-test held on June 12 at 11 a.m. Class will be held June 27 - July 8 from 9:30 a.m. - 12:30 p.m. Minimum of 6 participants to run class (Maximum enrollment is 12 participants).

Fee for lessons, mask and books - \$225.00

Recertifications June 12 at 10:00 a.m. – Pool Employees No Charge – Others - \$30.00

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