

# 2018

## *Sam Fishman Pool - Vergennes Pool & Swim Lesson Schedule*

**Daily fees:**

Age 18 and above	\$ 3.00
Age 6 to 17	2.00
Under Age 6	Free
Noon to 1:00 p.m.	2.00
After 5 p.m. (Twilight)	2.00

**Season Pass:**

Vergennes Residents	Single-person	\$ 50.00
	Family	100.00
Non-residents	Single-person	\$ 65.00
	Family	130.00

**Opening Day**

**June 16, 2018**

**Last Day**

**August 19, 2018**

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

June 25 – July 6      Session One - Complete Lesson Program, 9:35 a.m. – 11:50 a.m.  
 July 9 – July 20      Session Two - Complete Lesson Program, 9:35 a.m. – 11:50 a.m.  
 July 23 – August 3    Session Three - Complete Lesson Program, 9:35 a.m. – 11:50 a.m.

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

Late Afternoon Sessions   Monday – Wednesday – Friday – Three weeks 5:35 p.m. - 6:15 p.m.

June 25 – July 13

July 16 – August 3

**NO LESSONS ON HEAVY RAIN DAYS, THUNDERSTORMS OR JULY 4<sup>TH</sup> HOLIDAY.**

Vergennes residents:      Lessons \$45.00 per session  
 Non- residents:              Lessons \$60.00 per session

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

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.