



# SUMMER GROUP SWIM LESSONS

## Monday & Wednesday Evening Sessions

4 Weeks

45 Minute Classes

Member \$ 85.00    Guest \$ 110.00

Level 1	5:30 - 6:15 PM
Level 2	6:15 - 7:00 PM
Level 3	5:30 - 6:15 PM
Level 4	6:15 - 7:00 PM

**Summer 1**  
June 3 - June 24

**Summer 2**  
July 8 - July 29

**Summer 3**  
August 5 - August 26

Please register through the front desk 269.429.2101  
Prices are for one day per week.

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## Summer Dailies

Meets Monday through Thursday

45 minute Classes

Member \$ 85.00    Guest \$ 110.00

Level 1	10:45 - 11:30 AM
Level 2	11:30 - 12:15 PM
Level 3	10:45 - 11:30 AM
Level 4	11:30 - 12:15 PM

**Summer 1**    **Summer 2**    **Summer 3**    **Summer 4**    **Summer 5**  
June 10 - June 13    June 24 - June 27    July 8 - July 11    July 22 - July 25    August 5 - August 8

Please register through the front desk 269.429.2101

# What level is my child?

## **Parent/Tot:**

- Ages 3 months - 3 years.
- Swim diaper required.
- Parent(s)/Guardian(s) in water with child.
- Assists with acclimation to water and basic safety.

## **Transitioning Tots:**

- Ages 2 to 3 years.
- Must have participated in a Parent Tot class at South Shore in the past 2 months.
- Helps students transition into group classes without a parent in the water.

## **Level 1: Water Exploration**

- Ages 3 to 5 years.
- Little or no swim experience.
- Uncomfortable with getting face wet.
- This class will help students feel comfortable submerging into water, reinforce safety skills and introduce basic swimming skills on front and back.

## **Level 2: Primary Skills**

- Ages 4 and up.
- Some swim experience.
- Comfortable submerging under water, reinforces skills learned in level 1, and continues progression of basic swimming skills on front and back.

## **Level 3: Stroke Readiness**

- Able to float on back
- Can “doggy paddle/swim” for 10ft on front
- Can swim on back
- Able to bob in water over their head to shallow water

## **Level 4: Stroke Development**

- Able to swim 25 yards on front and back
- Comfortable in 5 feet deep water

- Rhythmic breathing when swimming on front

**Stroke Clinic:**

- Able to swim 25 yards on front and back
- Comfortable in 5 feet deep water
- Interested in fine tuning technique for competitive strokes and increasing endurance.