

# Summer Swim Lesson

**Fee For Swimming Lessons:** \$65.00 per person or parent and child \$100

**NO REFUNDS**

**Must Register at Tupelo Parks and Recreation at 655 Rutherford Road or**

**[www.tupeloparkrec.com](http://www.tupeloparkrec.com).**

## What Class is Best?

### **Parent and Child Aquatics: \$100.00 for both (C.C. Augustus Pool)**

Builds basic water safety skills for both parents and children, helping infants and young children ages 6 months to about 3 years become comfortable in the water so they are willing and ready to learn to swim will also teach the parent to teach the child. Limit 4

### **Preschool Aquatics: \$65.00/participant (Rob Leake City Pool)**

Gives young children a positive, developmentally appropriate aquatic learning experience that emphasizes water safety and survival concepts. Skills are age-appropriate, helping participants achieve success on a regular basis while in a class environment with their peers.

**Level 1:** Helps participants feel comfortable in the water and to enjoy the water safely.

**Level 2:** Builds on the skills learned in Level 1 and gives participants success with fundamental skills such as floating and basic locomotion.

**Level 3:** Builds on the skills in Level 2 and improves participants' coordination of simultaneous arm and leg actions and alternating arm and leg actions.

### **Learn-to-Swim: \$65.00/participant (Rob Leake City Pool, Except Adults)**

Based on a logical, six-level progression that helps swimmers of all ages and varying abilities develop their swimming and water safety skills. It is designed to give participants a positive learning experience.

**Level 1:** Introduction to water skills. Helps participants feel comfortable in the water.

**Level 2:** Fundamental Aquatic Skills. Gives participants success with fundamental skills.

**Level 3:** Stroke Development. Builds on the skills in Level 2 through additional guided practice in deeper waters.

**Level 4:** Stroke Improvement. Develops confidence in the skills learned and improves other aquatic skills.

**Level 5:** Stroke Refinement. Provides further coordination and refinement of strokes.

**Level 6:** Swimming and Skill Proficiency. Refines the strokes so participants swim them with ease, efficiency, power, and smoothness over greater distances.

### **GuardStart Program: \$65.00/participant**

This is also designed to prepare 11-14-year olds to take Red Cross Lifeguarding certification programs and for future work as lifeguards. The GuardStart program helps participants build a foundation of knowledge, attitudes, and skills that they will need to be responsible lifeguards.

### **Adults (C. C. Augustus Pool) \$75.00/participant. Limit 4**

## **Session One June 7-17**

*Adult Swim Lessons: C.C. Augustus at 6:00—7:00 pm*

Pre Level 1	10:00	11:00	12:00
Pre Level 2	10:00	11:00	12:00
LTS—Level 1	10:00	11:00	12:00
LTS—Level 2	10:00	11:00	12:00
LTS—Level 3	10:00	11:00	12:00
LTS—Level 4		11:00	12:00
LTS—Level 5			12:00
GuardStart		11:00	

## **Session Two June 21-July 1**

*Adult Swim Lessons: C.C. Augustus at 6:00—7:00 pm*

Pre Level 1	10:00	11:00	12:00
Pre Level 2		11:00	12:00
Pre Level 3	10:00		12:00
LTS—Level 1	10:00	11:00	12:00
LTS—Level 2	10:00	11:00	12:00
LTS—Level 3		11:00	12:00
LTS—Level 4	10:00		
LTS—Level 5		11:00	
LTS—Level 6			12:00

## **Session Three July 12-22**

*Parent and child aquatics—C.C. Augustus Pool at 6:00—7:00 p.m. (Level 1)*

Pre Level 1	10:00	11:00	12:00
Pre Level 2	10:00	11:00	
Pre Level 3	10:00	11:00	12:00
LTS—Level 1	10:00	11:00	12:00
LTS—Level 2	10:00	11:00	12:00
LTS—Level 3	10:00		
LTS—Level 4		11:00	
LTS—Level 5			12:00
LTS—Level 6			12:00
GuardStart		11:00	

Classes are Monday—  
Thursday

Note all classes require minimum enrollment of four participants.

**Class and Time Registered For:**

Class: \_\_\_\_\_

Session: \_\_\_\_\_

Time: \_\_\_\_\_

Payment:   Cash    Check

Check #: \_\_\_\_\_

**Class and Time Registered For:**

Class: \_\_\_\_\_

Session: \_\_\_\_\_

Time: \_\_\_\_\_

Payment:   Cash    Check

Check #: \_\_\_\_\_

Tupelo Parks and Recreation  
P. O. Box 3608  
Tupelo, MS 38803



**Tupelo Aquatic Club  
2010 Swim Lessons  
Program**

**Sessions**

- Session 1 June 7 — 17**
- Session 2 June 21—July 1**
- Session 3 July 12—22**

*Spaces are limited. No Refunds  
Must register at the Tupelo Parks and  
Recreation Office or  
[www.tupeloparkrec.com](http://www.tupeloparkrec.com).*

**If weather is questionable please  
call Rec-Check at (662) 842-8422  
push 95 after the tone.**

