

2020 Summerlin Resident Learn-to-Swim Program

In partnership with The Summerlin Council and offered at the Trails, Willows and Vistas Pools.



Registration Date – Saturday, March 28

9 a.m. – 12 p.m.

Willows Community Center

Registration will be ongoing thereafter at the Trails, Willows, Gardens and Vistas Community Centers during normal business hours as space permits. Participants must be a member of the Summerlin North, South, West or Summerlin Centre Owners Associations.

Call 702.341.5500 for more information.

Registration Policy

Each Summerlin household registering for swim lessons must be represented by a family member or friend when signing-up. An individual cannot register more than one household at a time. Each registering household must provide proof of residency (i.e. Summerlin ID card, driver's license, utility bill, etc.).

Parents or guardians of students in Levels 1 - 3 are asked to remain in attendance during each lesson.

Session Dates:

*Session A: May 4 - 14
Session B: June 1 - 11
Session C: June 15 - 25
Session D: July 6 - 16
Session E: July 20 - 30

Classes are conducted
Monday - Thursday
unless otherwise noted

Level One: Water Adjustment

The following skills will be taught:

- Pool rules and safety
- Having fun, being relaxed, and building confidence in the water
- Bobbing and face submersion
- Prone floating & gliding with support
- Back floating & gliding with support
- Prone position kicking with support
- Back position kicking with support
- Water exit and entry

Class information:

- Four student maximum
- Minimum age is 3 years old
- Children are generally ages 3-5
- Parent is not in water with child
- Child must be able to complete all skills to advance to the next level
- Class is 35 minutes in length. Studies have shown that 35 minute classes are more beneficial for Level One students.
- Cost \$65 per session (8 classes per session)

Level Two: Water Adaptation

The following skills will be taught:

- Pool rules and safety
- Face and body submersion for 5-10 seconds
- Introduction to pogo technique
- Prone and back glides without support for 5 ft.
- Front and back flutter kicks for 20 ft. using a kickboard
- Demonstration of the front crawl arm movements
- Introduction to and performance of rotary breathing
- Demonstration of the front crawl for 10 ft.

Class Information:

- Five student maximum
- Children are generally ages 3 - 6
- Child must be able to complete all skills to advance to the next level
- Class is 45 minutes in length
- Cost \$70 per session (8 classes per session)

*For a schedule of levels per session and pool,
please visit www.summerlink.com/recreation/swimming/ or call 702.341.5500*

Level Three: Stroke Technique

The following skills will be taught:

- Pool rules and safety
- Performing the front and back flutter kicks for 15 yards using a kickboard
- Performing the front crawl using rotary breathing for 10 yards
- Introducing the back stroke arm movement
- Performing the back stroke for 5 yards
- Introducing and performing the breast stroke kick for 10 yards
- Introducing and performing the elementary back stroke kick for 10 yards

Class Information:

- Six student maximum
- Children are generally ages 4-7
- Child must complete all skills to advance to the next level
- Class is 45 minutes in length
- Cost - \$70 per session (8 classes per session)

Level Four: Stroke Development

The following skills will be taught:

- Performing the front and back flutter kick for 25 yards using a kickboard
- Performing the front crawl using rotary breathing for 20 yards
- Performing the back stroke for 15 yards
- Performing the breast stroke kicks for 20 yards using a kickboard
- Performing the elementary back stroke kick for 20 yards using a kickboard
- Introducing and performing the elementary back stroke for 15 yards
- Introducing and performing the dolphin kick for 10 yards
- Performing the front glides from a sitting position on the pool edge

Class information:

- Seven student maximum
- Children are generally ages 4-8
- Child must complete all skills to advance to the next level
- Class is 45 minutes in length
- Cost - \$70 per session (8 classes per session)

Level Five: Stroke Improvement

The following skills will be taught:

- Performing the front crawl using rotary breathing for 25 yards
- Performing the back stroke for 25 yards
- Introducing and performing the breast stroke for 10 yards
- Introducing the butterfly stroke
- Performing the butterfly kick for 25 yards using a kick board
- Introducing and performing the side stroke kick for 10 yards
- Introducing the sitting, kneeling and standing dives

Class information:

- Eight student maximum
- Children are generally ages 6-10
- Child must complete all skills to advance to the next level
- Class is 45 minutes in length
- Cost - \$70 per session (8 classes per session)

Level Six: Competitive Swimming Preparation

The following skills will be taught:

- Performing the front crawl for 50 yards
- Performing the back stroke for 50 yards
- Performing the breast stroke for 25 yards
- Performing the butterfly stroke for 15 yards
- Introducing and performing the side stroke for 15 yards
- Introducing the front and back crawl turns
- Performing racing starts

Class information:

- Eight student maximum
- Children are generally ages 6-14
- Class is 45 minutes in length
- Cost - \$70 per session (8 classes per session)

Swim lessons are intended to teach your child basic water safety and the skills that are required to swim. However, please remember that constant adult supervision is the best way to prevent drownings.

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