



# BELLEVILLE PARKS & RECREATION DEPARTMENT

## SUMMER 2010 LESSON INFORMATION



### DEFINITIONS

#### Level 1—Water Exploration

To become comfortable in the water, learning breath control, balance, assisted floating and kicking.

#### Level 2—Primary Skills

Emphasis on unassisted floating, front and back guides, flutter kick and combined stroke on front and back.

#### Level 3—Stroke Readiness

To further develop skills from previous levels. Introducing rhythmic breathing, the elementary backstroke, treading water and dives.

#### Level 4—Stroke Development

To develop confidence and endurance in skills and strokes already learned. Introducing the sidestroke and breaststroke kicks.

#### Level 5—Stroke Refinement

Coordination, refinement and endurance for key strokes. Introducing the butterfly.

#### Levels 6 —Advanced Stroke Endurance & Skills

Continue to refine strokes in addition to dives and turns. Build endurance in stroke for distance and accuracy.

- Classes are limited to 6 students per instructor
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Water Babies, Aqua Tots and the Red Cross Progressive Swim Levels will be offered according to age and ability groupings.

Water Babies and Aqua Tots are required to wear swim diapers to lessons.

\* Preschool children must be toilet trained to attend swim lessons!

### ----- SWIMMING LESSON REGISTRATION FORM - 2010 -----

NAME: \_\_\_\_\_ AGE: \_\_\_\_\_ Email: \_\_\_\_\_

ADDRESS \_\_\_\_\_ PHONE: \_\_\_\_\_ WORK PHONE: \_\_\_\_\_

Please check or circle appropriate class:

Morning Session: 1                      Days: M & W or TUE & TH

Evening Session: 1 or 2                Days: M & W or TUE & TH

Morning Session: 2 or 3                Days: M-TH

Level: Aqua Tots 1 2 3 4 5 6 7

#### MAIN OFFICE

510 West Main Street  
Belleville, IL 62220

618-233-1416      Fax: 618-233-1449      website: [www.belleville.net](http://www.belleville.net)

#### SWIMMING POOL

1100 Hecker Street  
Belleville, IL 62220  
Phone: 233-6686



# Belleville Parks & Recreation Department

# SWIM LESSONS 2010

Classes are taught by Certified Lifeguards, using the Y Swimming progressions and guidelines. Classes are limited to 6 students per instructor. Waiting lists will be kept for any filled classes.

Ways to register: Call the Belleville Parks Department 618-233-1416, mail form to Main Office or online at [www.Belleville.net](http://www.Belleville.net) (Registration form and address on back panel).

## SWIM LESSON SCHEDULE & FEES

### 3 WEEK CLASSES - 1 HOUR LESSONS

#### ***Morning Session 1 - June 14 - July 1***

DAYS: Mon. & Wed. OR Tues. & Thurs.

COST: \$45

TIME: 9:45 am - 10:45 am

#### ***Evening Session 1 - June 14 - July 1***

#### ***Evening Session 2 - July 5 - July 22***

DAYS: Mon. & Wed. OR Tues. & Thurs.

COST: \$45

TIME: 7:15 pm—8:15 pm

### 2 WEEK CLASSES - 45 MINUTE LESSONS

#### ***Morning Session 2 - July 5 - July 15***

#### ***Morning Session 3 - July 19 - July 29***

DAYS: Mon. thru Thurs.

COST: \$45

TIME: 10:00 am—10:45 am

We reserve the right to combine classes if enrollment is less than 6 participants.

- **GUARANTEED 6 LESSONS!** In the case of inclement weather - morning make-up classes will be on Fridays, evening make-ups will be on Regular Scheduled days.

Aqua Tots & Water Babies offered at limited times.

PRIVATE LESSONS: For arrangements

call POOL at 233-6686

**All Participants must pre-register by  
Wednesday before each session**

