



Swimming Lessons at Poquoson Pool

REGISTRATION OPENS JUNE 1 TO RESIDENTS



NON-RESIDENTS may register starting June 8

SUMMER SESSIONS 2021

SESSION 1 | JUN 21-JUL 1

SESSION 2 | JUL 6-JUL 15

SESSION 3 | JUL 19-29

SESSION 4 | AUG 2-12

SESSION 5 | AUG 2-12 (evenings)

Classes meet for 8 sessions. Sessions run Monday-Thursday for 2 weeks for sessions

Fridays are held for make-up sessions in the event of inclement weather.

Level Classes are 45 minutes each session. Little People & Parent/Child Classes are 30 minutes in length during each session.

Recommended Ages for classes:

Level Classes: Recommend for ages 6 and up or successful Little People completion for younger ages.

Little People: ages 3-5 with no parent participation.

Parent & Child Classes: 9mos. to 2.5 years with parent

CLASSES HELD AT

POQUOSON MUNICIPAL POOL

16 MUNICIPAL DR

NOTE: You may only register for 1 session at a time.

\$65

PER STUDENT PER SESSION

*\$55 (Little People/Ducklings)

*Non-resident Fees Apply Extra \$10.00 per child, per session

SESSION 1 JUN 21-JUL 1

9AM Level 1,2,3,

10AM Level 1,2,3,4

11AM Little People

SESSION 2* JUL 6-JUL 15

9AM Level 1,2,3,5

10AM Level 2,3,4

10:30 Parent/Child

11AM Little People

SESSION 3 JUL 19-29

9AM Level 1,2,3,4,5

10AM Level 1,2,3,5

11AM Little People

11:30 Parent/Child

SESSION 4 AUG 2-12

10AM Level 1,2,3,4

11AM Little People

SESSION 5 AUG 2-12

EVENING SESSION ONLY

6PM Little People

6:45-7:30PM Level 1, 2, 3

Level classes are limited to 10 participants.

*Note Session 2 - is a Tuesday-Friday schedule the first week due to the 4th of July Holiday.

Level/Class Descriptions

Parent & Child Classes 9mos. to 2.5 years

With Parent prior to registering, child must be able to hold up head. Parent/Guardian must attend each class. Objectives of this course are for the participant to gain confidence with Water adjustment; have fun & enjoyment of the water; while learning cues, float with assistance on front and back, and coordinated arm, hand, and leg movements.

Little People (Preschool Aquatics)Ages 3-5

(no parent*) Objectives of this course will be: To independently enter & exit the water; float on front & back with & without assistance; kicking while on front & back; bobbing. Jumping from the side & following directions.

Submerge face & body; grab an object from the bottom.*If child is unable to attend without the aid of a parent, they will be moved to Ducklings. Parents cannot stand over the pool edge with the child during this class. This class is designed for independent experiences.

Level 1 Introduction to Basic Water Skills

Objectives of this course will be: To enter and exit water using steps, ramps and side; bobbing; retrieve objects underwater; front glide to vertical position, and back glide to a vertical position both with assistance; roll from front to back, arm and hand actions with assistance, treading actions; leg kicking; basic combining of simultaneous motion with assistance; fully submerge.

Level 2 Fundamental Skills

This course Objectives will be: to fully submerge, hold breathe, bob and object retrieval; Front Glide; jelly fish float; tread water; combined arm and hand swimming movement on front and back to begin back stroke and freestyle swimming. Rotary breathing, and combining with arm movement on front; Floating on back and simultaneous kicking and arm movement on back.

Level 3 Stroke Development

Objectives of this course will be to: teach head first entry into deep water from both standing & kneeling position- Diving. Diving from side, submerge & retrieve an object while swimming underwater; Successfully swim with rhythmic breathing; Perform front & back glide using two different kicks; Perform back crawl; Float on front and back in deep water; Perform elementary back stroke change from horizontal to vertical position on front & back;Tread water more efficiently; Breaststroke kick.

LEVEL 4 Stroke Improvement

Objectives of this course will be to: Perform a dive from standing & stride position; Swim under water; Perform feet-first surface dive; Perform open turns on front and back; Tread water using sculling arm motions; Perform; Butterfly kick; Perform the following: Front and back crawl, breast stroke, butterfly, elementary backstroke; swim on side using scissors-like kick; Distance of each stroke is 25m.

LEVEL 5 Stroke Refinement

Objectives of this course will be to: Standing dive, shallow dive, glide two body lengths and begin any front stroke; Perform tuck surface dive; Perform with power and in the flow of swimming front flip turn, backstroke flip turn to front and back stroke; Swim butterfly, Swim breast stroke, elementary backstroke, sidestroke; Tread water with two different kicks; survival swimming.

Remember each student progresses at a different pace learning aquatic skills, depending on several factors as it relates to coordination, endurance, learning abilities, and practice. Students often repeat a level several times before developing the endurance and skill for the proficiency necessary for advancement. Repeating a level does not constitute failure. Mastering skills takes time, practice and patience.

Information on where to Register Contact: 868-3580- Poquoson Office of Community Recreation