

## SPRING SIGN-UPS APRIL 1<sup>st</sup> – JUNE 13<sup>th</sup>

The sign-up process includes a liability form that must be filled out, and the class must be paid for in advance. Checks are payable to Ives Pool.

### SIGN-UP HOURS

Monday/Wednesday/Friday  
3:00 – 5:00 p.m.

Tuesday/Thursday  
10:00 – 12:00 p.m.

If you cannot come in during these times to sign up, please call or email to set up another time.

### LESSON COSTS

Sign up for multiple sessions at a time for discount prices.

\$50 for one session  
\$95 for two sessions  
\$140 for three sessions  
\$180 for four sessions  
\$220 for five sessions

### PRIVATE LESSONS

Lessons are available throughout the year at a cost of \$33 per 30-minute lesson or four 30-minute lessons for \$110.

## SUMMER 2010

**Session 1** Mon. June 14 – Thu. June 24  
June 14, 15, 16, 17  
June 21, 22, 23, 24

**Session 2** Mon. June 28 – Thurs. July 8  
June 28, 29, 30 July 1  
July 5, 6, 7, 8

**Session 3** Mon. July 12 – Thu. July 22  
July 12, 13, 14, 15  
July 19, 20, 21, 22

**Session 4** Mon. July 26 – Thu. Aug. 5  
July 26, 27, 28, 29  
Aug. 2, 3, 4, 5

**Session 5** Mon. Aug. 9 – Thu. Aug. 19  
Aug. 9, 10, 11, 12  
Aug. 16, 17, 18, 19

### LESSON TIMES

10:30 – 11:00 a.m. Levels 1-3  
11:00 – 11:30 a.m. Levels 1-3, G, PT  
11:30 – 12:00 p.m. Levels 1-4, 6  
12:00 – 12:30 p.m. Levels 1-3, 5

3:15 – 3:45 p.m. Levels 1-3, 5  
3:45 – 4:15 p.m. Levels 1-4, 6  
4:15 – 4:45 p.m. Levels 1-4, G, PT  
4:45 – 5:15 p.m. Levels 1-6  
5:15 – 5:45 p.m. Levels 1-4, PT  
5:45 – 6:15 p.m. Levels 1-6

# IVES POOL SWIM LESSONS

## SUMMER 2010

June 14<sup>th</sup> – August 19<sup>th</sup>

SIGN-UPS BEGIN April 1<sup>ST</sup>



**\*NEW CLASSES NOW BEING  
OFFERED**

**NOW ACCEPTING CREDIT CARDS**

Ives Pool  
7400 Willow Street  
(707) 823-8693  
www.ivespool.org

W.S.C.S.  
P.O. Box 122  
Sebastopol, CA  
95473

## PROGRAM OVERVIEW

Ives Pool has provided the opportunity for generations of Sonoma County residents to learn the skills necessary to be water safe. Our swim lessons are designed to encourage a lifetime of safety, fun, and fitness in and around the water.

Water safety is the primary reason to learn to swim. The program begins with teaching basic floats and kicking so swimmers feel comfortable enough to submerge and move through the water. Each level builds skills and endurance with a specific teaching progression to make learning easier. Upon completion of our program swimmers will be confident in the water.

Each session begins with an introduction of the teachers, followed by a skill assessment of all swimmers and a water safety talk. If a swimmer has been placed in an incorrect level, they will be placed in the correct level at this time.

Students learn at their own paces. It is very common for a swimmer to spend the entire summer in the same level. With repetition, practice and demonstration, swimmers will succeed in each level.

### SUN SAFETY

To be effective, sunscreen should be applied **before** exposure to the sun. Application 30-60 minutes **before sun exposure** allows the sunscreen to penetrate the subcutaneous skin layers and helps prevent damaging sunburns.

## LEVEL DESCRIPTIONS

### PARENT & TOT

This is a water exploration class for tots accompanied by adults. The instructor will lead swimmers through water games and activities designed to help them become comfortable in the water. The Parent & Tot class is perfect for young swimmers who may not yet be ready to swim without a parent nearby.

### LEVEL 1-A

Students learn to become comfortable in and under the water without flotation devices. This is a new level for the younger swimmers who are not yet ready to learn to float and streamline kick on their own but are ready to be away from their parents.

### LEVEL 1-B

Students learn how to combine floats and kicking while working on their swimming holding onto the wall. Swimmers will learn to “Starfish” float for a full 10 seconds, perform correct arm circles and “Streamline” kick before moving to Level 2.

### LEVEL 2

Students learn locomotion by “Streamline” kicking and gradually adding arm circles. Swimmers who can perform a full, non-stop length of “Catch-up” freestyle across the teaching pool will advance to Level 3 and earn their “Deep Water Safety” award.

### LEVEL 3

Students build on skills learned in Level 2, start side-breathing freestyle and back floats. Students performing a full, non-stop length of side-breathing in the teaching pool will advance to Level 4 and earn their “Freestyle” award.

### LEVEL 4

Students continue side-breathing in the lap pool but focus on learning backstroke. Swimmers performing a full, non-stop length of backstroke in the lap pool will advance to Level 5 and earn their “Backstroke” award. Swimmers must pass level 3 before advancing to level 4 as side-breathing is not the focus of this class.

### LEVEL 5

Students review freestyle and backstroke but focus on learning breaststroke. Swimmers performing a full length of breaststroke advance to Level 6 and earn their “Breaststroke” award.

### LEVEL 6

Students review freestyle, backstroke and breaststroke but focus on learning butterfly. Swimmers performing a full length of butterfly graduate from the program and earn their “Butterfly” award. Swimmers passing level 6 are ready to join a competitive swim team.

### INTRO TO GUARDING

Students review the four competitive strokes, work on endurance and begin to learn about the skills used for lifeguarding. This class will be taught by an experienced lifeguard. Upon completion each student will be given the opportunity to shadow a lifeguard for a public swim.

### IMPORTANT REMINDER

Please remember when signing up students that most swimmers have not been swimming consistently since last August. Therefore, students may need to go back a level to review.

For more information please contact Aquatics Director Ricardo Freitas at Ives Pool (707) 823-8693, [ivespool@sbcglobal.net](mailto:ivespool@sbcglobal.net) or go to the Ives Pool Website at [www.ivespool.org](http://www.ivespool.org)