

SWIMMING LESSONS

SWIMMING LESSONS will be scheduled throughout the summer at Milburn Pool. Water safety is an important part of our program and will be included within the curriculum of each swim level. The program objective and mission is to provide a positive, fun-filled opportunity to learn skills that will reduce the number of drownings and provide lifelong aquatic enjoyment. Scholarships are available for swim lessons; see page 10 for more information.

Classes will meet Monday – Thursday; Friday will be reserved for inclement weather make-up days.



6 months – 12 years

FEE: **CEDAR PARK RESIDENTS**
\$40.00 per person for a two-week eight day

NON-RESIDENTS

\$60.00 per person for a two-week eight day

DATES: May Session May 16 – May 27
Session 1 June 6 – June 17
Session 2 June 20 – July 1
Session 3 July 5 – July 15
Session 4 July 18 – July 29
Session 5 August 1 - August 12

TIME: Please refer to schedule

LOCATION: Milburn Pool

ONLINE REGISTRATION

<http://activenet.active.com/cityofcedarpark/>

SWIM LEVEL IDENTIFICATION



TURTLES

6 MONTHS – 3 YEARS

This class is for parents and their infant. Parents get in the water with the child. The instructor introduces the parent and infants to the water environment, games, skills and safety. The objective is to form good water habits and to teach the parents how to continue teaching their kids. These classes will be limited to 10 infant/parent couples for 45 minutes. *Prerequisites:* Age of 6 mo. – 3 yrs. Entry level skills. **By taking this class it does not mean that the child will be ready to go to the next level. Please take into consideration that every child learns at a different rate.*



DOLPHINS 1

3 – 5 YEARS

This is an entry level class for beginners. This class covers bobbing underwater, floating and gliding on front & back, and front & back crawl at a beginner level. These classes will be limited to 7 kids per 2 instructors and will last for 45 minutes. *Prerequisites:* Age of 3-5 yrs. Entry level skills. **By taking this class it does not mean that the child will be ready to go to the next level. Please take into consideration that every child learns at a different rate.*



DOLPHINS 2

3 – 5 YEARS

This class will build upon Dolphins 1 material. Students will work on improving their front and back crawl, under water swimming, entering and exiting the water, personal safety and will be introduced to the butterfly stroke. This class will be limited to 5 kids per instructor and will last for 45 minutes. *Prerequisites:* Age of 3-5 yrs. Swimmers must be able to submerge face and head, float on front and back unassisted, glide on front and back and perform crawl stroke. **By taking this class it does not mean that the child will be ready to go to the next level. Please take into consideration that every child learns at a different rate. Disclaimer: Dolphins 2 is the most repeated class due to its challenging content. We recommend you take the class at least 2 times before taking Dolphins 3.*



DOLPHINS 3

3 – 5 YEARS

Building upon Dolphins 2 material this class focuses on stroke improvement. Students will perfect the front and back crawl, work on breaststroke, side stroke, elementary backstroke, diving and treading water. These classes will be limited to 6 kids per instructor and will last for 45 minutes. *Prerequisites:* Age of 3-5 yrs. Swimmer must be able to breathe to the side during crawl stroke for 20 feet, bringing arms out of the water, swim back crawl for 20 feet in deep water. **By taking this class it does not mean that the child will be ready to go to the next level. Please take into consideration that every child learns at a different rate.*

SWIMMING LESSONS

SESSION 1 (JUNE 6-17) Continued...

CLASS	LEVEL	AGE	TIME	LOCATION
129	W3	6-12	5:00-5:45	Milburn
130	GW	5-12	5:00-5:45	Milburn
131	D1	3-5	6:00-6:45	Milburn
132	D2	3-5	6:00-6:45	Milburn
133	D3	3-5	6:00-6:45	Milburn
134	W1	6-12	6:00-6:45	Milburn
135	W2	6-12	6:00-6:45	Milburn

SESSION 2 (JUNE 20-JULY 1)





CLASS	LEVEL	AGE	TIME	LOCATION
200	T	6m-3yrs	9:00-9:45	Milburn
201	D1	3-5	9:00-9:45	Milburn
202	W1	6-12	9:00-9:45	Milburn
203	W2	6-12	9:00-9:45	Milburn
204	W3	6-12	9:00-9:45	Milburn
205	D1	3-5	10:00-10:45	Milburn
206	D2	3-5	10:00-10:45	Milburn
207	W1	6-12	10:00-10:45	Milburn
208	W2	6-12	10:00-10:45	Milburn
209	GW	5-12	10:00-10:45	Milburn
210	T	6 m-3 yrs	11:00-11:45	Milburn
211	D2	3-5	11:00-11:45	Milburn
212	D3	3-5	11:00-11:45	Milburn
213	W1	6-12	11:00-11:45	Milburn
214	W2	6-12	11:00-11:45	Milburn
215	W3	6-12	11:00-11:45	Milburn
216	D1	3-5	12:00-12:45	Milburn
217	D2	3-5	12:00-12:45	Milburn
218	W2	6-12	12:00-12:45	Milburn
219	W3	6-12	12:00-12:45	Milburn
220	GW	5-12	12:00-12:45	Milburn
221	D1	3-5	4:00-4:45	Milburn
222	D2	3-5	4:00-4:45	Milburn
223	W1	6-12	4:00-4:45	Milburn
224	W2	6-12	4:00-4:45	Milburn
225	W3	6-12	4:00-4:45	Milburn
226	T	6 m-3 yrs	5:00-5:45	Milburn
227	D2	3-5	5:00-5:45	Milburn
228	W2	6-12	5:00-5:45	Milburn
229	W3	6-12	5:00-5:45	Milburn
230	GW	5-12	5:00-5:45	Milburn
231	D1	3-5	6:00-6:45	Milburn
232	D2	3-5	6:00-6:45	Milburn
233	D3	3-5	6:00-6:45	Milburn
234	W1	6-12	6:00-6:45	Milburn
235	W2	6-12	6:00-6:45	Milburn

SESSION 3 (JULY 5-15)

CLASS	LEVEL	AGE	TIME	LOCATION
300	T	6m-3yrs	9:00-9:45	Milburn
301	D1	3-5	9:00-9:45	Milburn
302	W1	6-12	9:00-9:45	Milburn
303	W2	6-12	9:00-9:45	Milburn
304	W3	6-12	9:00-9:45	Milburn
305	D1	3-5	10:00-10:45	Milburn
306	D2	3-5	10:00-10:45	Milburn
307	W1	6-12	10:00-10:45	Milburn
308	W2	6-12	10:00-10:45	Milburn
309	GW	5-12	10:00-10:45	Milburn
310	T	6 m-3 yrs	11:00-11:45	Milburn
311	D2	3-5	11:00-11:45	Milburn
312	D3	3-5	11:00-11:45	Milburn
313	W1	6-12	11:00-11:45	Milburn
314	W2	6-12	11:00-11:45	Milburn
315	W3	6-12	11:00-11:45	Milburn
316	D1	3-5	12:00-12:45	Milburn
317	D2	3-5	12:00-12:45	Milburn
318	W2	6-12	12:00-12:45	Milburn
319	W3	6-12	12:00-12:45	Milburn
320	GW	5-12	12:00-12:45	Milburn
321	D1	3-5	4:00-4:45	Milburn
322	D2	3-5	4:00-4:45	Milburn
323	W1	6-12	4:00-4:45	Milburn
324	W2	6-12	4:00-4:45	Milburn
325	W3	6-12	4:00-4:45	Milburn
326	T	6 m-3 yrs	5:00-5:45	Milburn
327	D2	3-5	5:00-5:45	Milburn
328	W2	6-12	5:00-5:45	Milburn
329	W3	6-12	5:00-5:45	Milburn
330	GW	5-12	5:00-5:45	Milburn
331	D1	3-5	6:00-6:45	Milburn
332	D2	3-5	6:00-6:45	Milburn
333	D3	3-5	6:00-6:45	Milburn
334	W1	6-12	6:00-6:45	Milburn
335	W2	6-12	6:00-6:45	Milburn



SWIM LEVEL IDENTIFICATION CONTINUED...

	<p>WHALES 1 6 – 12 YEARS</p> <p>This is an entry level class for beginners. This class covers bobbing underwater, floating and gliding on front & back, and front & back crawl at a beginner level. These classes will be limited to 7 kids per 2 instructors and will last for 45 minutes. <i>Prerequisites:</i> Age of 6-12 yrs. Entry level skills. <u>*By taking this class it does not mean that the child will be ready to go to the next level. Please take into consideration that every child learns at a different rate.</u></p>
	<p>WHALES 2 6 – 12 YEARS</p> <p>This class will build upon Whales 1 material. Students will work on improving their front and back crawl, under water swimming, entering and exiting the water, personal safety and will be introduced to the butterfly stroke. This class will be limited to 5 kids per instructor and will last for 45 minutes. <i>Prerequisites:</i> Age of 6-12 yrs. Swimmers must be able to submerge face and head, float on front and back unassisted, glide on front and back and perform crawl stroke. <u>*By taking this class it does not mean that the child will be ready to go to the next level. Please take into consideration that every child learns at a different rate.</u> Disclaimer: <i>Whales 2 is the most repeated class due to its challenging content. We recommend you take the class at least 2 times before taking Whales 3.</i></p>
	<p>WHALES 3 6 – 12 YEARS</p> <p>Building upon Whales 2 material this class focuses on stroke improvement. Students will perfect the front and back crawl, work on breaststroke, sidestroke, elementary backstroke, diving and treading water. These classes will be limited to 6 kids per instructor and will last for 45 minutes. <i>Prerequisites:</i> Age of 6-12 yrs. Swimmer must be able to breathe to the side during crawl stroke for 20 feet, bringing arms out of the water, swim back crawl for 20 feet in deep water. <u>*By taking this class it does not mean that the child will be ready to go to the next level. Please take into consideration that every child learns at a different rate.</u></p>
	<p>GREAT WHALES (G-Whales) 5 – 12 YEARS</p> <p>Participants refine their performance of all the strokes (front and back crawl, butterfly, breast stroke, elementary backstroke and sidestroke) and increase their distance. Flip turns on the front and back are also introduced. Classes will last 45 minutes. <i>Prerequisites:</i> Age of 5-12 yrs. All level 3 skills.</p>

SWIM LESSON SCHEDULE

Legend: T: Turtles D: Dolphins W: Whales GW: Great Whales

MAY SESSION (MAY 16-MAY 27)				
CLASS	LEVEL	AGE	TIME	LOCATION
M1	D1	3-5	4:30-5:15	Milburn
M2	D2	3-5	4:30-5:15	Milburn
M3	W1	6-12	4:30-5:15	Milburn
M4	D1	3-5	5:30-6:15	Milburn
M5	W1	6-12	5:30-6:15	Milburn
M6	T	6m-3yrs	5:30-6:15	Milburn
M7	D1	3-5	6:30-7:15	Milburn
M8	D2	3-5	6:30-7:15	Milburn
M9	W1	6-12	6:30-7:15	Milburn
SESSION 1 (JUNE 6-17)				
CLASS	LEVEL	AGE	TIME	LOCATION
100	T	6m-3yrs	9:00-9:45	Milburn
101	D1	3-5	9:00-9:45	Milburn
102	W1	6-12	9:00-9:45	Milburn
103	W2	6-12	9:00-9:45	Milburn
104	W3	6-12	9:00-9:45	Milburn
105	D1	3-5	10:00-10:45	Milburn
106	D2	3-5	10:00-10:45	Milburn
107	W1	6-12	10:00-10:45	Milburn

CLASS	LEVEL	AGE	TIME	LOCATION
108	W2	6-12	10:00-10:45	Milburn
109	GW	5-12	10:00-10:45	Milburn
110	T	6m-3yrs	11:00-11:45	Milburn
111	D2	3-5	11:00-11:45	Milburn
112	D3	3-5	11:00-11:45	Milburn
113	W1	6-12	11:00-11:45	Milburn
114	W2	6-12	11:00-11:45	Milburn
115	W3	6-12	11:00-11:45	Milburn
116	D1	3-5	12:00-12:45	Milburn
117	D2	3-5	12:00-12:45	Milburn
118	W2	6-12	12:00-12:45	Milburn
119	W3	6-12	12:00-12:45	Milburn
120	GW	5-12	12:00-12:45	Milburn
121	D1	3-5	4:00-4:45	Milburn
122	D2	3-5	4:00-4:45	Milburn
123	W1	6-12	4:00-4:45	Milburn
124	W2	6-12	4:00-4:45	Milburn
125	W3	6-12	4:00-4:45	Milburn
126	T	6 m-3 yrs	5:00-5:45	Milburn
127	D2	3-5	5:00-5:45	Milburn
128	W2	6-12	5:00-5:45	Milburn

SWIMMING LESSONS

SESSION 4 (JULY 18-29)

CLASS	LEVEL	AGE	TIME	LOCATION
400	T	6m-3yrs	9:00-9:45	Milburn
401	D1	3-5	9:00-9:45	Milburn
402	W1	6-12	9:00-9:45	Milburn
403	W2	6-12	9:00-9:45	Milburn
404	W3	6-12	9:00-9:45	Milburn
405	D1	3-5	10:00-10:45	Milburn
406	D2	3-5	10:00-10:45	Milburn
407	W1	6-12	10:00-10:45	Milburn
408	W2	6-12	10:00-10:45	Milburn
409	GW	5-12	10:00-10:45	Milburn
410	T	6 m-3 yrs	11:00-11:45	Milburn
411	D2	3-5	11:00-11:45	Milburn
412	D3	3-5	11:00-11:45	Milburn
413	W1	6-12	11:00-11:45	Milburn
414	W2	6-12	11:00-11:45	Milburn
415	W3	6-12	11:00-11:45	Milburn
416	D1	3-5	12:00-12:45	Milburn
417	D2	3-5	12:00-12:45	Milburn
418	W2	6-12	12:00-12:45	Milburn
419	W3	6-12	12:00-12:45	Milburn
420	GW	5-12	12:00-12:45	Milburn
421	D1	3-5	4:00-4:45	Milburn
422	D2	3-5	4:00-4:45	Milburn
423	W1	6-12	4:00-4:45	Milburn
424	W2	6-12	4:00-4:45	Milburn
425	W3	6-12	4:00-4:45	Milburn
426	T	6 m-3 yrs	5:00-5:45	Milburn
427	D2	3-5	5:00-5:45	Milburn
428	W2	6-12	5:00-5:45	Milburn
429	W3	6-12	5:00-5:45	Milburn
430	GW	5-12	5:00-5:45	Milburn
431	D1	3-5	6:00-6:45	Milburn
432	D2	3-5	6:00-6:45	Milburn
433	D3	3-5	6:00-6:45	Milburn
434	W1	6-12	6:00-6:45	Milburn
435	W2	6-12	6:00-6:45	Milburn

SESSION 5 (AUGUST 1-12)

CLASS	LEVEL	AGE	TIME	LOCATION
500	T	6 m-3 yrs	9:00-9:45	Milburn
501	D1	3-5	9:00-9:45	Milburn
502	W1	6-12	9:00-9:45	Milburn
503	W2	6-12	9:00-9:45	Milburn
504	W3	6-12	9:00-9:45	Milburn
505	D1	3-5	10:00-10:45	Milburn
506	D2	3-5	10:00-10:45	Milburn
507	W1	6-12	10:00-10:45	Milburn
508	W2	6-12	10:00-10:45	Milburn
509	GW	5-12	10:00-10:45	Milburn
510	T	6 m-3 yrs	11:00-11:45	Milburn
511	D2	3-5	11:00-11:45	Milburn
512	D3	3-5	11:00-11:45	Milburn
513	W1	6-12	11:00-11:45	Milburn
514	W2	6-12	11:00-11:45	Milburn
515	W3	6-12	11:00-11:45	Milburn
516	D1	3-5	4:00-4:45	Milburn
517	D2	3-5	4:00-4:45	Milburn
518	W1	6-12	4:00-4:45	Milburn
519	W2	6-12	4:00-4:45	Milburn
520	W3	6-12	4:00-4:45	Milburn
521	T	6 m-3 yrs	5:00-5:45	Milburn
522	D2	3-5	5:00-5:45	Milburn
523	W2	6-12	5:00-5:45	Milburn
524	W3	6-12	5:00-5:45	Milburn
525	GW	5-12	5:00-5:45	Milburn
526	D1	3-5	6:00-6:45	Milburn
527	D2	3-5	6:00-6:45	Milburn
528	D3	3-5	6:00-6:45	Milburn
529	W1	6-12	6:00-6:45	Milburn
530	W2	6-12	6:00-6:45	Milburn

