

2016 - SUMMER OUTDOOR POOL - LEARN TO SWIM SCHEDULE

Session 1 Monday-Friday June 6 - June 17	
Class Levels and Times	
L1 Starfish	10:00am
	11:00am
	12:00pm
L2 Sea Horse	10:00am
	11:00am
	12:00pm
L3 Dolphin	10:00am
	11:00am
	12:00pm
L4 Stingray	10:00am
	11:00am
	12:00pm
L5/6 Barracuda/Shark	8:00am
Preschool / Tadpole	10:00am
	11:00am
	12:00pm
Parent & Child / Pollywog	12:00pm

Session 2 Monday-Friday June 20 - July 1	
Class Levels and Times	
L1 Starfish	10:00am
	11:00am
	12:00pm
L2 Sea Horse	10:00am
	11:00am
	12:00pm
L3 Dolphin	10:00am
	11:00am
	12:00pm
L4 Stingray	10:00am
	11:00am
	12:00pm
L5/6 Barracuda/Shark	8:00am
Preschool / Tadpole	10:00am
	11:00am
	12:00pm
Parent & Child / Pollywog	12:00pm

Session 3 Monday-Friday July 4 - July 15	
Class Levels and Times	
L1 Starfish	10:00am
	11:00am
	12:00pm
L2 Sea Horse	10:00am
	11:00am
	12:00pm
L3 Dolphin	10:00am
	11:00am
	12:00pm
L4 Stingray	10:00am
	11:00am
	12:00pm
L5/6 Barracuda/Shark	8:00am
Preschool / Tadpole	10:00am
	11:00am
	12:00pm
Parent & Child / Pollywog	12:00pm

Session 4 Monday-Friday July 18 - July 29	
Class Levels and Times	
L1 Starfish	10:00am
	11:00am
	12:00pm
L2 Sea Horse	10:00am
	11:00am
	12:00pm
L3 Dolphin	10:00am
	11:00am
	12:00pm
L4 Stingray	10:00am
	11:00am
	12:00pm
Preschool / Tadpole	10:00am
	11:00am
	12:00pm
Parent & Child / Pollywog	12:00pm

CLASS	DESCRIPTION
POLLYWOG (Parent and Child)	Have fun with your young child in the water. Ages 6 mo – 3 yrs. Instructor gives parents safety information and swim techniques to be with their child. Must be accompanied by an adult, must be at least 6 months on the first day of class.
TADPOLES (Pre-School Aquatics)	Children ages 3- 5 learn to be comfortable in the water and participate independently (without parent) in the small pool. All STARFISH skills are taught in this class. Must be at least 3 years of age on the first day of class.
STARFISH: (Level 1)	Participants learn to be comfortable in 3 ft. of water with face in the water, gliding, floating, kicking, face in the water, breathe control and crawl stroke. Ability to stand on the bottom of the big pool is helpful for active participation.
SEA HORSES: (Level 2)	Participants develop floating, gliding and rhythmic breathing skills along with swimming across the width of the pool on their front and back. Develop skills learned in Starfish.
DOLPHINS: (level 3)	Participants develop front crawl and elementary backstroke and learn to swim the length of the pool
STINGRAYS: (Level 4)	Participants increase endurance with swimming front crawl and elementary backstroke. They begin to learn sidestroke, backstroke, breaststroke, and butterfly and turning at the wall. Scissors and dolphin kick and survival floating are introduced.
BARRACUDAS: (Level 5)	Participants refine all their strokes: breast stroke, crawl and back crawl, sidestroke, elementary backstroke and butterfly. They develop endurance by swimming laps. Ability to swim 25 yards crawl stroke, change direction and swim 25 yards elementary backstroke.
TITAN SHARKS: (Level 6)	Participants refine strokes, build endurance and learn swim turns and diving skills to eventually swim one mile. Ability to swim 50 yards elementary backstroke, and swim 25 yards of breaststroke and back crawl.

Saturday Session June 4 - July 30 (No class July16)	
Class Levels and Times	
L1 Starfish	9:00am
L2 Sea Horse	9:30am
Parent & Child / Pollywog	10:00am

Registration Fees: \$46 for all classes



CITY OF BEREA
Department of Recreation

Register at:
Berea Recreation Center
451 Front Street
Berea Ohio 44017

Rec Center Hours:
Mon – Fri 5:30am to 9:00pm
Sat 7:00am to 5:00pm
Sun 10:00am to 5:00pm

We currently accept cash, checks and credit cards.