

Ludington Swim Lessons

For ages 4 and up

At the Donald C. Baldwin Community Pool

Sign up will be held on June 3rd from 9-12 in the pool hallway. **No online or early registration.** Classes limited to 10 kids per class with 3 classes being offered during each time slot. Sessions are two weeks each. Children will be put in appropriate classes based on their ability. Each class will have one instructor and one assistant. There will always be a lifeguard on deck and an experienced adult. Each class will contain a 5 minute safety lesson followed by 30-35 minute of instruction and 5-10 minutes of free time.

Cost- \$100 per child. Each child may only sign up for one session

Classes are as follows:

Jellyfish (Equivalent to Level 1):

Focus will be on kids who are brand new to swimming and have no prior experience. Children will learn to hold their breath, put their faces in the water, climb in and out of water, float on their back with assistance.

Minnows (Equivalent to Level 2):

Progressing from the Jellyfish stage, children in this level are already proficient in holding their breath and putting their faces in the water. Now, they begin to learn how to float with less assistance, fetch toys underwater, and perform basic strokes with the help of their instructor. In this stage, they grasp rhythmic breathing and explore the freestyle stroke.

Dolphins (Equivalent to Level 3):

To advance from the Minnow stage, children are able to float unassisted for up to five seconds, retrieve toys in four feet of water. Level 3 classes teach them how to float on their back without assistance, move independently from the front floating position to a back float position, and kick in streamline for 15 feet. Additionally, children further develop their freestyle stroke by beginning to learn how to side breathe with assistance from the instructor.

Sessions are as follows:

Session 1:

Dates: June 19-23 and June 26-30

Times: 10:00- 10:45am
11:00-11:45am
12:00-12:45pm

Session 2:

Dates: July 10-14 and July 17-21

Times: 10:00- 10:45am
11:00-11:45am
12:00-12:45pm

Session 3:

Dates: July 24-28 and June 31- August 4

Times: 10:00- 10:45am
11:00-11:45am
12:00-12:45pm

