



June 1, 2015 Summer Swim Lesson Offerings at Perry Natatorium

Daytime Sessions

- Session A: June 1 – 12 – (10) Lessons @ \$40.00
- Session B: June 15 -26 – (10) Lessons @ \$40.00
- Session C: June 29 -July 10 - (10) Lessons @ \$40.00
- Session D: July 13 - 24 – (10) Lessons @ \$40.00

10:00-10:30A.M. ages 3- 4-5 W/Parent & instructors in water.

10:30- 11:15A.M. ages 6 & up Levels 1 - 3

11:15-12:00P.M. ages 6 & up Levels 1- 3

12:00-12:45P.M. ages 6 & up Levels 4 - 6

Evenings Sessions (Tues & Thurs

- Session E : June 2 – 25-(8) Lessons @ \$32.00
- Session F : June 30 – July 23-(8) Lessons @ \$32.00

6:30 - 7:15P.M. ages 6 & up – 1-4 (beginners)

7:15 – 8:00P.M. ages 6 & up -3-6 (Intermediate)

Monday Sessions

- Session G: June 1 - July 20 - (8) lessons @ \$32.00
- 6:30 - 7:00P.M. ages 3-5 W/Parent & Instructors in water.

Session H: June 1 - July 20 – (8) lessons @ \$32.00

7:00 - 7:30P.M. ages 3-5 - W/Parent & Instructors in water.

Saturday Sessions

- Session S: June 6 - (skip 4) July 25 - (7) Lessons @ \$28.00
- 11:00 -11:30A.M. - ages 3 -4-5W/Parent & instructor in water.

11:30-12:15P.M. - ages 6 & up Levels 1-3

12:15- 1:00P.M.- 6 & up Levels 4-6 (Intermediate)

Registration

Registrations for any of the sessions A thru S are to be made In person with payment by Check or cash payable to PERRY NATATORIUM at the Pool office beginning on Tues. May 5,7,12,14,19,21,26,28. From 7:30 P.M. – 9:15 P.M. Sat, May 9, 16, 23, 30. 1- 4 P.M.

After: Sat, May 30 All Registrations will be taken up during the open swim hours 2-4:30 p.m. Mon. thru Sat. And on Mon. thur Thurs. Evenings from 8:30-9:45 p.m.

All classes are first come, first served & are limited in number for each so register a.s.a.p. Sorry, no refunds are permitted.*

- **See reverse side for more information.**

Perry Swim Lessons

Red Cross Swim Lessons

Fun Fact: Olympian Michael Phelps started in the same Red Cross Learn-to-Swim program at age 7. Perry Natatorium will offer 1. daytime, 2. evening, 3. Saturday Learn-To-Swim lessons for children. All of our lesson instructions utilizes the latest Red Cross certification and currently uses 6 progressive ability levels of swimming/aquatic skills. Just because a child can make it across the width of the pool does not mean he/she is water safe. Swim Lessons will teach your children how to be safe in and around the water. Please refer to the Red Cross Swim Lesson Level Descriptions on the reverse side of this flyer. Also available on the Perry Aquatic Website at: perrylocal.org/aquatics Or see one of our current instructors to determine which classes would best fit your children.

For More Information:

Perry Natatorium: 330 – 915 - 5308 (daytime)

Willard Barriffe- Aquatic Director: 330-455-8074 (9:00-9:45PM)

Perry Aquatics Website: perrylocal.org/aquatics

Perry Natatorium - 3737 13th St SW, Massillon, Ohio 44646

Each level of Learn-to-Swim includes training in basic water safety & helping a swimmer in distress in addition to the skills outlined below:

Level 1: Enter & exit water using ladder, steps, or side/ blowing bubbles thru mouth and nose, 3 seconds/ bobbing, 3 times/ opening eyes underwater & retrieving submerged objects, 2 times in shallow water/ front & back glide, 2 body lengths/ back float, 3 seconds/ recover from a front & back glides and floats to a vertical position/ roll from front to back and back to front/ treading using arm and hand actions in chest deep water/ alternating leg & arm action on front & back for 2 body lengths/ simultaneous leg & arm actions on front & back for 2 body lengths.

Level 2: Enter water by stepping or jumping from side in shoulder deep water/ exit water using ladder, steps, or side in chest deep water/ fully submerging & holding breath, 5 seconds/ bobbing 5 times in chest deep/ front, jellyfish, & tuck floats each for 5 seconds/ back float, 15 seconds/ change direction of travel while swimming on front or back/ treading using arm & leg actions, 15 seconds in shoulder deep/ combined arm & leg actions on front & back, 5 body lengths/ finning arm action on back, 5 body lengths.

Level 3: Enter water by jumping from side into deep water (9 feet or more)/ headfirst entries from side into deep water from sitting & kneeling positions/ bobbing while moving toward safety, 5 times in chest deep/ rotary breathing, 10 times/ survival float on front & back for 30 sec. each/ change from vertical to horizontal on front & back in deep/ treading water, 30 sec. in deep/ push off in streamlined position on front & use flutter and dolphin kicking, 3-5 body lengths/ **front crawl & elementary backstroke, 15 meters (3/4 of pool length) each/** scissors kick, 10 meters.

Level 4: Headfirst entry from side into deep in stride & compact positions/ swim underwater, 3-5 body lengths/ feet first surface dive, submerging completely/ survival swimming, 30 sec. in deep/ front crawl & backstroke, open turns/ **front crawl & elementary back, 1 pool length/ swim breaststroke, backstroke, & butterfly, 3/4 of pool length for each.**

Level 5: shallow-angle dive from side into deep/ from shallow dive, glide 2 body lengths & begin any front stroke/ perform a pike & tuck surface dive/ front flip turn & backstroke flip turn while swimming/ tread water, 5 minutes/

Front crawl & elementary backstroke, 2 pool lengths each/ breaststroke, butterfly, back crawl, & sidestroke, 1 length of each/ standard scull, 30 seconds.

Level 6: Front crawl (freestyle) & elementary backstroke, 4 lengths each/ Back crawl, breaststroke, sidestroke, & butterfly, 2 lengths of each/ front & back open turns, along with turns for back, side, breast, & butterfly while swimming / **circle swimming/** use of a pace clock, pull buoy, fins, & paddles/ swim 20 lengths, non-stop w/ 3 strokes.

Perry Natatorium Open Swim Hours – Summer 2015
Dates of Operation: Monday, June 1 – Saturday, July 25

Early Bird: Mon, Wed, Fri 5:00-7:00 a.m.

Afternoon: Mon - Sat, 1:00 – 4:30 p.m.

Evenings: Mon - Thurs 8:00 – 10:00 p.m.

Pool closed on Sundays

Pool will be closed several Wednesdays for home swim meets. Dates will be posted on Aquatic website and at the pool

Perry Pool Swim Pass

Save money by pre-paying. Good for 10 visits with **NO** expiration date (passes are non-transferable)

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| Cost: | Student | \$2.00 |
| | Adults | \$3.00 |
| | Sr. Citizens | \$1.00 |
| | Pre-School | \$0.50 |
| | Early Bird | \$1.00 |

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|--------------|------------|---------|
| Cost: | Student | \$15.00 |
| | Adult | \$25.00 |
| | Early Bird | \$7.50 |