

2017 Fall Swim Lessons

Perry Learn-to-Swim



Perry Natatorium
Perry Local Schools
3737 13th Street SW
Massillon, Ohio 44646
(330) 478-6157

EVENING SESSIONS (Monday & Wednesday evenings)

6:00-6:30 ages 3-5 with parent & instructors in the water

6:30-7:15 ages 6 & up – Levels 1-3

7:15-8:00 ages 6 & up – Levels 3-6

Session A: September 11th, 13th, 18th, 20th, 25th, 27th, October 2nd, 4th

Session B: October 9th, 11th, 16th, 18th, 23rd, 25th 30th November 1st

SATURDAY SESSIONS

10:45-11:15 ages 3-5 with parent & instructors in the water

11:15-12:00 ages 6 & up – Levels 1-3

12:00-12:45 ages 6 & up – Levels 3-6

Session C: September 16th, 23rd, 30th, October 7th, 14th, 21st, 28th, November 4th

All Sessions are \$32.00. Registrations will be taken at the Athletic Office, in person, between 7:30 AM to 3:30 PM Monday thru Friday with payment by Cash or Check payable to **PERRY NATATORIUM** beginning August 30th thru September 9th. After the 9th, all sign-ups will take place the day of the sessions with no guarantee that there will be openings in either class.

**ALL CLASSES ARE ON A FIRST-COME, FIRST-SERVE BASIS &
WITH A LIMITED NUMBER FOR EACH CLASS.
SIGN UP ASAP.**

Perry Aquatics Website: perrylocal.org/aquatics Or Scott Campbell at 330 478 6159

SORRY, NO REFUNDS

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.

Open Swim Hours

Early Bird: Monday, Wednesday, & Friday 5-7am

Evening Open Swim: Tuesday & Thursday 7:30-9:30pm

Saturdays: 1-4pm

Cost:

Students	\$2	Adults	\$3
Sr. Citizens	\$1	Preschool	\$0.50
Early Bird	\$1		

Save money with a Perry Pool Swim Pass. Good for 10 visits with NO expiration date (passes are non-transferable)

Cost:

Student	\$15	Adult	\$25
Early Bird	\$7.50		