

**2022 Metfield Swim Lesson
1 Hilltop Drive, Bella Vista
Instructor: Cassidy Jones**

Members \$70 (tax included) per session

Four morning sessions of swim lessons will be offered at Metfield Pool. Sessions will be held Monday-Thursday morning with Friday being weather related make-up day. Four 30 time slots, and 5 students per session/level. Weather related make-ups, if necessary, will be scheduled and confirmed by the instructor. Children must be at least 3 years of age to participate in these lessons.

Level 1 (beginner)

For children who are not comfortable in water and/or have had no prior lessons. Recommended for beginner swimmers.

Skills Learned: Submerge entire head in water for 5 seconds; enter either side/steps; jump in from side to instructor, learn kick for crawl stroke, gliding and streamline introduction.

Level 2 (intermediate)

For children who have successfully completed Level 1 or have adapted to being comfortable in the water while mastering Level 1 skills.

Skills Learned: Enter the pool in shoulder deep water and return to side, streamline swim for 5 ft, glide on front and back for 5 ft, perfect finning, claw stroke 5 ft, retrieve items from bottom of pool, jump in deep water, back crawl, turn from front to back in float, tread for 20 seconds and elementary breast stroke.

Level 3 (advanced)

Stroke Development

Objective: To continue building on level 2 skills, through additional guided practice.

Requirements: Students entering this level must have successfully completed Level 2 skills or demonstrate all the Level 2 skills. **Skills Covered:** Jump into deep water, head first entry from sitting or kneeling, submerging and retrieving an object from 5 feet of water, bobbing, survival float for 30 seconds, treading water for 30 seconds, front crawl 15 yards, butterfly 15 feet, back crawl 15 yards and surface dive.

Metfield Pool

Session 1	Monday through Thursday, June 13-16	Beginner 9:00 – 9:30am Intermediate 9:30 – 10:00am Advanced 10:00 – 10:00am Beginner 10:30 – 11:00am
Session 2	Monday through Thursday, June 20-23	Beginner 9:00 – 9:30am Intermediate 9:30 – 10:00am Advanced 10:00 – 10:00am Beginner 10:30 – 11:00am
Session 3	Monday through Thursday, June 27-30	Beginner 9:00 – 9:30am Intermediate 9:30 – 10:00am Advanced 10:00 – 10:00am Beginner 10:30 – 11:00am
Session 4	Monday through Thursday, July 11-14	Beginner 9:00 – 9:30am Intermediate: 9:30 – 10:00am Advanced 10:00 – 10:00am Beginner 10:30 – 11:00am

Register for lessons at Riordan Hall, 3 Riordan Dr. in Bella Vista. All lesson fees must be paid in full and liability waiver signed upon registration to hold a spot. **Cancellation policy as follows, must give 48-hour notice prior to start of the session to receive 50% of payment. No refund will be given for no-shows.**

Riordan Hall telephone number: (479) 855-8170.

Those wishing to enroll in a class that has already been filled will be wait listed.