

2024 Kingsdale Swim Lessons

1 Riordan Drive, Bella Vista

Instructor: Lisa Richards/Taylor Lee

Members pay \$75 (tax included) per session.

Please note: Sign-ups will not begin until Sign-up Day on Saturday, April 13, at Bella Vista Recreation Center from 10 am to 12 pm. After this date, please call or come by Bella Vista Recreation Center to check for openings.

Three evening swimming lessons sessions will be offered at Kingsdale Pool during the swimming season. Sessions will be held Monday-Thursday, with Friday being weather-related make-up day. Lessons will be 30-minute time slots with five students per session/level. If necessary, the instructor will schedule and confirm weather-related make-up. Children must be at least three years of age to participate in these lessons.

Level 1 (beginner)

For children uncomfortable 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 the side to the instructor; learn kick for the crawl stroke, gliding, and streamline introduction.

Level 2 (intermediate)

For children who have **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 the side, streamline swim for 5 ft, glide on front and back for 5 ft, perfect finning, claw stroke 5 ft, retrieve items from the bottom of the pool, jump in deep water, back crawl, turn from front to back in float, tread for 20 seconds and elementary breaststroke.

Level 3 (advanced)

Stroke Development

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

Requirements: Students entering this level must have completed Level 2 skills or demonstrate all the Level 2 skills. **Skills Covered:** Jump into deep water, headfirst 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.

Session 1	Monday through Thursday June 10-13 Instructor: Taylor Lee	Beginner 5:00 – 5:30 pm Intermediate 5:30 – 6:00 pm Advanced 6:00- 6:30 pm Beginner 6:30 – 7:00 pm
Session 2	Monday through Thursday June 17-20 Instructor: Lisa Richards	Beginner 6:00 – 6:30 pm Intermediate 6:30 -7:00 pm
Session 3	Monday through Thursday, July 8-11 Instructor: Taylor Lee	Beginner 5:00 – 5:30 pm Intermediate 5:30 -6:00 pm Intermediate 6:00- 6:30 pm Advanced 6:30 – 7:00 pm

Register for lessons at Bella Vista Recreation Center, 3 Riordan Drive, Bella Vista, AR 72715. All lesson fees must be paid in full, and a liability waiver must be signed upon registration to hold a spot. **The cancellation policy is as follows: must give 48-hour notice prior to the start of the session to receive 50% of payment—no refund given for no-shows.** Bella Vista Recreation Center telephone number: (479) 855-8170