

2024 **Metfield** Swim Lessons

1 Hilltop Drive, Bella Vista

Instructor: Taylor Robinson

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.

Four morning swimming lessons will be offered at Metfield Pool. Sessions will be held Monday-Thursday morning, with Friday being weather-related make-up day. Lessons will be in 30-minute time slots with five students per session/level. Weather-related make-ups, if necessary, will be scheduled and confirmed by the instructor. 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.

Metfield Pool

Session 1	Monday through Thursday, June 3-6	Beginner 9:00 – 9:30 am Intermediate 9:30 – 10:00 am Advanced 10:00 – 10:30 am Beginner 10:30 – 11:00 am
Session 2	Monday through Thursday, June 10-13	Beginner 9:00 – 9:30 am Intermediate 9:30 – 10:00 am Advanced 10:00 – 10:30 am
Session 3	Monday through Thursday, June 17-20	Beginner 9:00 – 9:30 am Intermediate 9:30 – 10:00 am Advanced 10:00 – 10:30 am Beginner 10:30 – 11:00 am
Session 4	Monday through Thursday, July 8-11	Beginner 9:00 – 9:30 am Intermediate 9:30 – 10:00 am Advanced 10:00 – 10:30 am Beginner 10:30 – 11:00 am

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: you must give 48 hours' notice before the start of the session to receive 50% off payment. No refund is given for no shows.**

Bella Vista Recreation Center telephone number: (479) 855-8170