

2008 SWIMMING LESSON REGISTRATION

Registration Begins at **8:00am on April 28th** for **RESIDENTS**
NON-RESIDENT and In-Person Registration begins **8:00am on May 5th**

Session Dates:

Session 1 - June 9-19th
 Session 2 - June 23rd - July 5th (No class July 4th)
 Session 3 - July 7th - 17th
 Session 4 - July 21st - August 1st (No Class July 24th)
 Session 5 - August 4th - 14th

Classes will be 45 minutes in length and will be held Mondays - Thursdays with Make-up Classes on Fridays



Sessions 1, 3 and 5:

8am	9am	10am	11am
Preschool	Preschool	Preschool	Parent and Tot
Level 1	Level 1	Level 1	Preschool
Level 2	Level 2	Level 2	Level 1
Level 3	Level 3	Level 3	Level 2
Level 4	Level 4	Level 4	Level 3
Level 5	Level 5	Level 5	Level 4
Level 6	Level 6	Level 6	Level 5
Lifeguard Ready	PWS	Fitness Swim	Level 6 Diving

Sessions 2 and 4:

8am	9am	10am	11am
Preschool	Preschool	Parent and Tot	Preschool
Level 1	Level 1	Preschool	Level 1
Level 2	Level 2	Level 1	Level 2
Level 3	Level 3	Level 2	Level 3
Level 4	Level 4	Level 3	Level 4
Level 5	Level 5	Level 4	Level 5
Level 6	Level 6	Level 5	Level 6
PWS	Fitness Swim	Level 6 Diving	Lifeguard Ready

Class Descriptions:

Parent and Tot: 6 months - 3 years - Students will be introduced to the water through interaction with instructor and parent

Preschool: 3 years and up - Students will begin water adjustment with exercises that cater to their age and ability

Level 1: Children must be 4 years old - Children pass class when they can enter the water unassisted, bob 5 times to chin level, move 5 yards, and exit

Front float with support for 3 seconds, roll to back with assistance, and float on back with support for 3 seconds.

After Level 1 Placement Goes by SKILL AND NOT AGE

Class Descriptions for Levels 2-6, Diving, Personal Water Safety, Fitness Swimmer, and Lifeguard Readiness can be found on our website at www.farmington.utah.gov under Recreation, Swimming Pool, and Swim Lessons. Please call 451-0953 if you need direction or if you would like to speak with someone regarding the appropriate level for your child.

2008 POOL HOURS:

Monday - Friday

5:30-10am Lap Swim
 7-8am Aerobics (Deep and Shallow)
 8-11:45am Swim Lessons
 12-6:45 Open Swim

During Open Swim there will be a 10 minute Safety Break every 2 hours

7-10pm Private Parties

Saturday

6-10am Lap Swim
 10am - 6:45pm Open Swim
 During Open Swim there will be a 10 minute Safety Break every 2 hours
 7-10pm Private Parties

CLOSED SUNDAYS