

2022 AVOCA GROUP SWIM LESSONS

City of Avoca Lifeguards will be offering group swim lessons for the 2022 Season. Instructors will teach a variety of strokes, including the front crawls, back crawl, elementary backstroke, breaststroke, and sidestroke. They will also introduce a wide range of personal safety skills.

Avoca Aquatic Center will have two sessions being offered **Monday through Friday, July 11-15, 2022.** In case of bad weather, listen to KNOD, 105.3 Harlan for cancellations. There will not be a make up day if a day is cancelled.

THE SESSIONS WILL RUN AS FOLLOWS:

July 11th through 15th (The sessions are 45 minutes in length.)

_____ **9:30 - 10:15** **1st session** **Only Levels 1-3**

_____ **10:30 – 11:15** **2nd session** **Only Levels 1-3**

OUR GROUP LESSONS WILL NOT BE CERTIFIED AS RED CROSS; HOWEVER, WE WILL BE FOLLOWING THE RECOMMENDED GUIDELINES FOR THE SUGGESTED LEVELS.

Following is a brief description of each level:

_____ Level 1- Blow bubbles, Supported float, Support Kick, submerge mouth, nose and eyes, Support swimming on front and back for 5 feet.

_____ Level II- Unsupported Float/Glide on front and back, perform flutter kick on front and back, submerge to retrieve object, tread water, explore deep water with floatation.

_____ Level III- 15 bobs in chest deep water, back crawl & elementary backstroke 10 yards, front crawl, butterfly kick and body motion, tread water, and dive from side.

Price for lessons will be \$60. Please fill out information below, circle appropriate time and mark level for your child. Please return sign up sheet and payment to **City of Avoca, PO Box 246, Avoca, IA 51521** or drop it off at the pool by **JULY 6, 2022.**

Payable to The City of Avoca:

CHILD'S Name: _____

PARENT'S Name: _____

PARENT Number: _____