

FINNS SWIM ACADEMY

We put the "Fins" in Dolphins!

The Lemont Park District's FINNS SWIM ACADEMY is happy to announce the return of swim lessons! The Lemont Park District Fins Swim Academy specializes in swim lessons for all ages and ability levels. Aquatic and safety skills that will last a lifetime are at the cornerstone of this program. (MB)

Space is limited... Register today at www.LemontParkDistrict.org!

GUPPIES - AGES 3-4

Min/Max: 2/4 ~ Location: CORE Pool ~ R/NR: \$40/\$50

Program #	Level	Day	Date	Time
611402-A1	Guppies Level 2	Sa	10/17-11/14	9:00-9:35 am
611402-A2	Guppies Level 2	Sa	10/17-11/14	9:45-10:20 am
611403-A1	Guppies Level 3	Sa	10/17-11/14	9:00-9:35 am
611404-A1	Guppies Level 4	Sa	10/17-11/14	9:00-9:35 am

FLOUNDERS- AGES 5-6

Min/Max: 2/4 ~ Location: CORE Pool ~ R/NR: \$40/\$50

Program #	Level	Day	Date	Time
611402-A2	Flounders Level 2	Sa	10/17-11/14	9:00-9:35 am
611406-A1	Flounders Level 3	Sa	10/17-11/14	9:45-10:20 am
611407-A1	Flounders Level 4	Sa	10/17-11/14	9:45-10:20 am

SHARKS - AGES 7-12

Min/Max: 1/2 ~ Location: CORE Pool ~ R/NR: \$40/\$50

Program #	Level	Day	Date	Time
621400-A1	Sharks Level 3	Sa	10/17-11/14	9:45-10:20 am
621401-A1	Sharks Level 4	Sa	10/17-11/14	9:45-10:20 am
621402-A1	Sharks Level 5	Sa	10/17-11/14	9:45-10:20 am
621403-A1	Sharks Level 6	Sa	10/17-11/14	9:45-10:20 am

LEVEL

DESCRIPTIONS

Water Adjustment, Underwater Bobs, Submerge Face, Kicking on Front/Back, Front Float, Log Rolls, Body Position, Paddling with Face in Water, Water Entry/Exit

Streamline on Front/Back Five Yards, Front Swimming with Roll Breathing 15 yards, Backstroke 10 yards, Breaststroke Arms/Kick, Water Treading 30 Seconds

Butterfly Kick, Complete Free-Rhythmic Breathing 25 Yards, Backstroke 25 Yards, Breaststroke 25 Yards, Butterfly Arms, Standing Dives, Somersaults

Freestyle with Side Breathing 50 Yards with Open Turns, Butterfly 25 Yards, Backstroke 50 Yards with Touch/Turn, Dives Off Block, Complete Breaststroke 50 Yards

Bi-lateral Freestyle Breathing, Butterfly 50 Yards, Competitive Starts, Legal/Competitive Turns with Pull Outs for Each Stroke, Competitive Finishes, Individual Medley (IM) with Correct Turns.



www.LemontParkDistrict.org • 630-257-6787