

SWIM LESSON GUIDE

Parent-Tot Swim

This class, with an adult in-water, is designed to facilitate familiarity with the water and build comfort. Instructors will act as facilitators and coordinate both structured and unstructured activities to promote water exploration. Parents will also learn how to properly use life jackets on their child.

Can your child go underwater by themselves?

NO YES

Tiny Tots

Can your child do a front and back float on their own?

NO YES

Level 1 Level 2

Can your child do a front float on their own?

NO YES

Level 3

Can your child swim on their front and back using combined arm and leg action?

NO YES

Level 4

Can your child swim the full length of the pool using front crawl and elementary backstroke?

NO YES

Level 5

Can your child swim the full length of the pool down and back using front crawl and breaststroke without stopping?

NO YES

Stroke School

Stroke School or Swim Team

Private Lessons

Receive personalized one-on-one private swim instruction tailored to each participant's needs. Private classes will offer plenty of one-on-one attention to help the participant's swimming goals. Classes are offered mornings and evenings. Space is limited and availability is offered depending on staff availability.

SWIM LESSON
 REGISTRATION BEGINS
MAY 1



SCAN THE QR CODE OR REGISTER AT
 LOMBARDPARKS.COM

Please note: space is limited and offered depending on staff availability.