



City of Bishop Swim School

ONLINE REGISTRATION: starting June 16th at <https://bishopparksandrec.sportsites.com>

Class Length: 25 minutes, all classes will be held Tuesday – Friday.

Price: \$60.00 1 Instructor per 2 children

Dates for the 2020 Season:

Session 1: June 23 – July 3

Session 2: July 7 – July 17

Session 3: July 21 – July 31

Levels & Times:

Level 1 Infant/Parent-Tot: (6 mos- 3 years old) 9:30, 10:00, 10:30, 11:00, 11:30, 12:00- This class is designed to introduce babies and young children to the water. The instructor guides the parent by providing them with instructions on how to assist the child in the water. This is not a “water proofing” class. The following skills will be worked on: Water entry, blowing bubbles, prone glide, rolling over, arm movement, and water exits.

Level 1 – Lagoon: (3 year- 4 year old) 9:30, 10:00, 10:30, 11:00, 12:00 - This class is designed to allow the child to become more comfortable in the water as well as improve some basic skills such as; kicking, blowing bubbles, prone and back floats, jumping in and submersion in the big pool.

Level 2 – 9:30, 10:00, 10:30, 11:00, 11:30, 12:00 - This class is designed for the child to learn basic skills of swimming. The child must pass each skill before moving on to the next level. Prone float and recovery, back glide and recovery, survival float, beginner stroke, crawl stroke, jumping in and leveling off and personal safety skills. (4 years and up and must hold on to the wall)

Level 3: 9:30, 10:00, 10:30, 11:00, 11:30, 12:00 - This class is designed for the child to learn the following skills of swimming; Bobbing, survival float, crawl stroke, elementary backstroke, survival stroke, treading water, diving and underwater swimming, use of life jacket and basic rescue skills. To be in this class, the student must have previously passed the level 2 Beginner class. Many of the skills already learned in Beginners will be improved on in this level.

Level 4/5: 9:30, 10:00, 10:30, 11:00, 11:30, 12:00 - This class is designed for the child that has passed the Intermediate class (level 3). The following skills will be taught: Sidestroke, backstroke, breaststroke, crawl stroke, surface dives, entries, inverted scissor kick, sculling and basic rescue techniques.