

236 Park St.
Columbus, NC 28782
828.894.2646

Gibson Park Pool 2011 Swimming Lessons

Polk County Recreation Department



Name of Child					OFFICE USE ONLY			Date:				
Address					CASH:			CHECK #:				
Phone Number		Parent(s) Name			AMOUNT:							
Emergency Contact		Emergency Phone Number			PROCESSED BY:							
Session 1		June 7 - 10 & 14 -17			Time offered	AM	PM	1 child	2 children	3 children	4 children	Instructor
Level 3 & 4		6:00 -6:45						\$55.00	\$70.00	\$80.00	\$90.00	
Level 1 & 2		5:00 - 5:45						\$55.00	\$70.00	\$80.00	\$90.00	
Preschool June 7,11,14 & 16		5:00 - 5:30						\$30.00	\$40.00	\$45.00	\$50.00	
Session 2		June 21 - 24 & 28 - July 1			Time offered	AM	PM					
Level 3 & 4		10:00 -10:45 or 6:00 -6:45						\$55.00	\$70.00	\$80.00	\$90.00	
Level 1 & 2		11:00 - 11:45 or 5:00 - 5:45						\$55.00	\$70.00	\$80.00	\$90.00	
Level 5,6,7		6:00 - 6:45						\$55.00	\$70.00	\$80.00	\$90.00	
Water Babies June 21, 23, 28, & 30		5:00 - 5:30						\$30.00	\$40.00	\$45.00	\$50.00	
Distance Training		8:00 - 8:45 am						\$55.00	\$70.00	\$80.00	\$90.00	
Water exercise class		9:00 - 9:45 am						\$35.00	n/a	n/a	n/a	
Session 3		July 12 - 15 & 19 - 22			Time offered	AM	PM					
Level 3 & 4		10:00 -10:45 or 6:00 -6:45						\$55.00	\$70.00	\$80.00	\$90.00	
Level 1 & 2		11:00 - 11:45 or 5:00 - 5:45						\$55.00	\$70.00	\$80.00	\$90.00	
Preschool July 12, 14, 19, 21		5:00 - 5:30						\$30.00	\$40.00	\$45.00	\$50.00	
Distance Training		8:00 - 8:45 am						\$55.00	\$70.00	\$80.00	\$90.00	
Water exercise class		9:00 - 9:45 am						\$35.00	n/a	n/a	n/a	
Session 4		July 26-29 & Aug. 2-5			Time offered	AM	PM					
Level 3 & 4		10:00 -10:45 or 6:00 -6:45						\$55.00	\$70.00	\$80.00	\$90.00	
Level 1 & 2		11:00 - 11:45 or 5:00 - 5:45						\$55.00	\$70.00	\$80.00	\$90.00	
Preschool July 26, 28, Aug. 2, 4		5:00 - 5:30						\$30.00	\$40.00	\$45.00	\$50.00	
Level 5,6,7		6:00 - 6:45						\$55.00	\$70.00	\$80.00	\$90.00	
Distance Training		8:00 - 8:45 am						\$55.00	\$70.00	\$80.00	\$90.00	
Water exercise class		9:00 - 9:45 am						\$35.00	n/a	n/a	n/a	

Level 1 Water Exploration

Orientation to aquatic environment
Create a sound sound foundation for aquatic & safety skills
Supported floating and kicking on front and back
Alternating arm actions
Water Safety Rules
How to get help in an emergency
Reaching Assists without equipment
Life Jacket Fundamentals

Level 2 Primary Skills

Expand on fundamental aquatic locomotion & safety skills
Floating and kicking on front/back
Rhythmic breathing
Combined stroke on front and back
Turning over (front to back; back to front)
Reaching and extension assists
Familiarity with rescue breathing

Level 3 Stroke Readiness

Increase swimming skill competency
Practice Safety and rescue skills
Fundamentals of elementary backstroke
Jumping into deep water with a life jacket
Diving from side of pool
Self- Rescue skills
Rescue Breathing

Level 4 Stroke Development

Develop confidence and competency in strokes
Introduction of breaststroke and sidestroke
Deep-water bobbing
Dives from side of pool from stride and standing positions
Turns at wall
CPR



Level 5 Stroke Refinement

Continued refinement of front & back crawl, elementary backstroke and sidestroke
Introduce butterfly, surface dives, and diving board
Alternate breathing
Swimming underwater
Diving Safety

Level 6 Skill Proficiency

Develop maximum efficiency and endurance for strokes
Introduce surface dives
Introduce flip turns
Approach and hurdle on diving board
Tuck and pike surface dives
Alternative kicks for treading water
Throwing rescues
Turning spinal injury victim face up
Approach stroke

Level 7 Advanced Skills

Encourage lifetime fitness
Refine strokes learned in previous levels
Develop springboard diving skills
Teach advanced rescue skills
In-water rescue techniques utilizing equipment
Conditioning principles
Review basic water safety skills
Assist with backboard rescue

Preschool Introduction to Water

Orientation to water (with or without parent)
Using lifejackets as a tool
Retrieving objects from underwater (baby pool)
Introduction to assisted floating
Pool Safety Rules

