



INDOOR SWIM LESSONS

D126's Natatorium

3901 West 21st Street, Zion

**Parking is available in the southwest parking lot behind ZBTHS.
(No food or drink in Natatorium)**

POLICIES OF ZION PARK DISTRICT SWIM LESSON PROGRAMS :

1. We strive to keep a low student/teacher ratio in our classes and when you register early, this enables us to plan accordingly, and in turn serve you better. Swim lessons have a class enrollment minimum and this may require us to adjust the schedule. We will notify parents if this is necessary.
2. Our swimming instructors enjoy teaching children, and all have different teaching styles. Please keep this in mind when observing lessons. We ask that if parents have questions or concerns, please address them with the Aquatics Director. (Parents will be required to observe class from the designated location in the aquatics area.)
3. **If your child misses a class due to illness, vacation, etc., you will not receive a make-up lesson.**

Visit ZionParkDistrict.com to view programs and register online.

For more information call 847-746-5500.

SWIM LESSON LEVEL DESCRIPTIONS

The Swim Lesson program will enable your child to obtain a smoother progression and necessary swim skills throughout the levels.

Infant/toddler — This program is designed to create a fun and safe in water experience for children aged 6 months to 3 years and their parent. Games and songs are used to engage the children. Parents will be shown how to properly assist their children while in the pool. Students will be introduced to floating on their backs, entering and exiting the water safely, as well as learning to blowing bubbles for future underwater exploration.

Preschool — Introduction to basic swim skills such as kicks and floats while building comfort in the water.

Level 1 — Orient participants to the water and begin building confidence. Introduction to basic level skills such as kicks and floats. Learn safety around water. **Prerequisite:** None

Level 2 — Begin to build on base level skills. Putting skills learned together. Learning beginning parts of strokes. Continue safety around water. **Prerequisite:** Successful demonstration of Level 1 skills and back float.

Level 3 — Learn competency in the water. Work on swimming without assistance. Introduction to new strokes and skills. **Prerequisite:** Successful demonstration of Level 2 skills.

Level 4 — Learn all 6 strokes and begin building proficiency. Begin working on endurance. **Prerequisite:** Successful demonstration of Level 3 skills.

Level 5 — Refine all 6 strokes that were learned in Level 4. New skills such as turns and surface dives are introduced. Continue building endurance for each stroke. **Prerequisite:** Successful demonstration of Level 4 skills.

Level 6 — Stroke technique to improve efficiency in the water. Setting up swim workouts. Focus on water safety skills such as self-rescue skills. **Prerequisite:** Successful demonstration of level 5 skills.

Adult — This program was created to help adults (anyone aged 17 or older) learn how to swim and build confidence in water. Participants will learn how to float properly on both their front and back, how to orient in water, up to three basic swim strokes, and be introduced to treading.