

Aquatics Programs...

Swim Lesson Levels

Minnows:

Pool rules, Warm-up swims, 5 bobs, Jump into the shallow end and swim to the side safely, Jump in with help from teacher, Swim ½ lap of the pool, Swim with a bubble/barbell & noodle, Kick with pointed feet.

Tigerfish:

Jump in the deep end, Swim 1 lap of the pool, Swim 1 lap with a bubble/barbell & noodle, Front float & Back float, 10 bobs.

Stingrays:

Sit-dive, Swim 2 laps of the pool, Basic reaching assist, 15 bobs, Kick on back with pointed feet.

Marlins:

Kneeling dive, Tread water for 1 minute, Survival float for 1 minute, Kick (1) lap streamline position with straight legs on back & on front, One lap rhythmic breathing with a barbell with proper arms, Roll back to front & front to back, Coordinate arms and legs to do the backstroke, Have the strength to swim backstroke.

Barracudas:

Standing dive, surface dive, tread water for 2 minutes, survival float for 2 minutes, backstroke/crawl stroke/sidestroke/breaststroke & butterfly two laps of the pool each.

Dragonfish:

Standing shallow dive, tread water for 3 minutes, survival float for 3 minutes, perform basic rescue tube skills, swim crawl/backstroke/breaststroke and butterfly for two laps, Coordinated the breaststroke and the butterfly.

Progressive Swim Lessons

Progressive swim classes are for children **5 years and older**. Descriptions show what each student will learn and must accomplish to pass that level and move onto the next level. In order to register for a particular level, the student must be able to do all the skills in the prior levels. Each session runs 8 classes, limit 8 per class.

Location: JFK School **Fee:** \$25.00 Residents / \$30.00 Non-Residents

Mondays - Thursdays, January 4 - January 14

5:00 - 5:30 PM	5:35 - 6:05 PM	6:10 - 6:40 PM	6:45 - 7:15 PM
Minnows: 3603.0629.101	Minnows: 3603.0629.102	Minnows: 3603.0629.103	Minnows: 3603.0629.104
Tigerfish: 3603.0629.111	Stingrays: 3603.0629.119	Tigerfish: 3603.0629.112	Tigerfish: 3603.0629.113
Stingrays: 3603.0629.118	Barracudas: 3603.0629.129	Marlins: 3603.0629.125	Stingrays: 3603.0629.120

Fridays, January 22 - March 12

5:40 - 6:10 PM	6:15 - 6:45 PM	6:50 - 7:20 PM
Minnows: 3603.0629.105	Minnows: 3603.0629.106	Minnows: 3603.0629.107
Tigerfish: 3603.0629.114	Stingrays: 3603.0629.122	Tigerfish: 3603.0629.115
Stingrays: 3603.0629.121	Dragonfish: 3603.0629.130	Marlins: 3603.0629.126

Saturdays, January 9 - February 27

10:10 - 10:40 AM	10:45 - 11:15 AM	11:20 - 11:50 AM
Minnows: 3603.0629.108	Minnows: 3603.0629.109	Minnows: 3603.0629.110
Tigerfish: 3603.0629.116	Stingrays: 3603.0629.124	Tigerfish: 3603.0629.117
Stingrays: 3603.0629.123	Marlins: 3603.0629.127	Marlins: 3603.0629.128

Infant & Pre-School Swim Programs

Location: JFK Middle School **Fee:** \$25.00 Residents / \$30.00 Non-Residents

Waterbabies 6-36 months

A great class to introduce your little one to the water. Participants will learn water awareness and develop a comfort level in and around water using toys and songs. Parents must accompany their child into the pool.

Please Note: Swim diapers must be worn in the pool. Limit 20 per class.

Guppies Preschool Swim Lessons 3 & 4 year olds

Children will learn pool rules, how to enter and exit the pool safely, general water safety, water adjustment and basic swim strokes. Please Note: that this class is not a parent-child class. Limit 12 per class.

Waterbabies	Fridays, January 22 - March 12	4:30 - 5:00 PM	#3602.0629.104
Waterbabies	Saturdays, January 9 - February 27	9:00 - 9:30 AM	#3602.0629.105
Guppies	Fridays, January 22 - March 12	5:05 - 5:35 PM	#3602.0629.101
Guppies	Saturdays, January 9 - February 27	9:35 - 10:05 AM	#3602.0629.102
Guppies	Saturdays, January 9 - February 27	11:55 - 12:25 PM	#3602.0629.103

Open Swim Information JFK Middle School Pool

The Enfield Recreation Department offers open swim hours at the John F. Kennedy Middle School pool on Saturday afternoons from 1:00 - 3:00 PM. The pool is staffed by Red Cross Certified Lifeguards. Children 10 years old and younger must be accompanied by someone 16 years or older. No more than 3 children per adult. Daily fee's apply.

Dates: Saturdays, January 9th - March 27th

Daily Fees: **Youth:** \$0.50 Residents / \$1.00 Non-Residents **Adult:** \$1.00 Residents / \$1.50 Non-Residents
Family: \$2.00 Residents / \$2.50 Non-Residents