

LOOKING FOR LOCAL SWIM LESSONS?

MILL POND SWIM LESSONS

Chester-Horicon
Youth Commission

OPEN TO CHILDREN AGES 4+
CHILDREN MUST HAVE AN ADULT PRESENT AT ALL TIMES!

CLASSES OFFERED SUMMER 2021:

Level One:

Monday & Tuesday
July 12th - August 9th
5:15pm - 6:00pm

Level Two:

Monday & Tuesday
July 12th - August 9th
6:15pm - 7:00pm

Sign up at Mill Pond, Brant
Lake

July 5th & 6th any time from
11:30am - 5:00pm

Any Questions?

Please text or call
Claudia:
(518)-339-9609

Children will have to get in the
water at signups



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CLASSES OFFERED SUMMER 2021:

Level One (4+):

- For the beginner who is comfortable in the water.
- Swimmers learn basics of swimming: bobbing, going under water, supported front and back floating, supported rolling over from front to back and back to front, supported gliding , supported flutter kick, supported front crawl arms and jumping in.

Level Two:

- Swimmers should already be able to float on front and back and put their head under water.
- Swimmers will work on: independent front and back floating , independent rolling over from front to back and back to front, independent front and back glides, front crawl arms and kicks, back crawl arms and kicks, retrieving underwater objects, and jumping into water over their head.

Any Questions?

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