

Level 1:

- Children 2+
- No prior swim experience necessary.
- Introduction to the water/getting comfortable.
- Blowing bubbles, floating, face in water, kicking feet.

Level 3:

- Children 8+
- Previous swim experience necessary.
- Introduces basic stroke technique in free style and backstroke, butterfly and breaststroke kick.
- Reinforces water safety through treading water and elementary backstroke.

Level 2:

- Children 5+
- Some swim experience necessary.
- Learning arm strokes, self rescue and practicing previous level skills.

Level 4:

- Children 8+
- Previous swim experience necessary.
- Stroke development of freestyle, backstroke, breaststroke and butterfly.
- Treading water for up to one minute.
- Deep water object retrieval.
- Endurance and stamina while swimming.





Mill Pond Swim Lessons

Open to children ages
2+ and adults

*Children must have an adult present at
all times!

Session runs July 5th - July
27th

Please see attached flyer
for class descriptions.

Level 1:

Monday, Tuesday,
Wednesday

9:30-10:00am

Level 2:

Monday, Tuesday,
Wednesday

10:00-10:30am



Please see attached flyer
for class descriptions.

Level 3:

Monday, Tuesday,
Wednesday

10:30-11:00am

Level 4:

Monday, Tuesday,
Wednesday

11:00-11:30am

Any Questions?

Feel free to call or text
Claudia:

(518)-339-9609

In person sign ups at Mill
Pond, Brant Lake

June 28th: 1:00pm - 4:00pm
June 29th: 11:00am - 2:00pm

Person signing up will have
to get in the water for level
placement!

