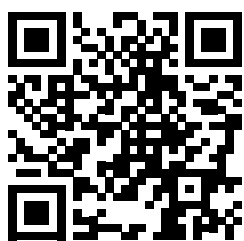


Summer Swim LESSONS

June 4 - August 1

*All classes will be held in the Natatorium.
Registration opens two weeks prior to class.*



Session 1: June 4 - June 13

Session 2: June 18 - June 27*

Session 3: July 9 - July 18

Session 4: July 23 - August 1

Scan the QR code or visit:
NavyMWRMayport.com/Swim

Details

- All swim lessons are taught by an American Red Cross Certified Water Safety Instructor.
- Each 2-week session costs \$60 for six (6) 30-minutes classes.
- Classes are held Tuesday, Wednesday and Thursday.
- Refunds must be made up to one week prior to the first class.

**Due to the federal holiday on Wednesday, June 19th, classes will not be held. Session 2 will cost \$50 for five (5) 30-minute classes.*



Summer Swim INFORMATION

Your child must be able to perform the following skills to be placed in the level:

Level 1

- No water experience needed

Level 2

- Can enter the water independently
- Comfortable putting their face in the water
- Can do 5 bobs
- Back float 5 Seconds
- Front float 5 Seconds
- Swim on front or back for 5 yards

Level 3

- Can perform level 2 skills
- Tread water for 15 seconds
- Swim on front or back for 15 yards
- Back float 15 seconds

Level 4

- Can perform level 3 skills
- Tread water for 1 minute
- Swim front crawl 25 yards
- Swim elementary backstroke 25 yards

Level 5

- Can perform level 4 skills
- Swim front crawl 25 yards, change direction then swim elementary backstroke 25 yards
- Swim breaststroke 15 yards
- Swim back crawl 15 yards
- Swim underwater 10 yards

Level 6

- Can perform level 5 skills
- Perform a shallow-angle dive, swim front crawl for 50 yards then swim elementary backstroke for 50 yards
- Perform appropriate and efficient turning styles
- Swim breaststroke 25 yards
- Swim back crawl 25 yards

To sign up visit:
NavyMWRMayport.com/Swim