

# Additional Information

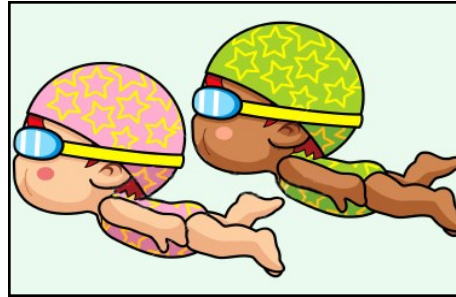
- Our swim lessons are offered year round, except for the months of August and December.
- Registration for lessons are done on a first come, first serve basis. It is best that you sign up at least a month prior to the time of swim lessons in order to get in the class you prefer. Sign up early!
- You can bring goggles if needed.
- Swimsuits are required by law.
- No floatation devices will be used during swim lessons.

Cost:  
\$50 per person,  
per session

## Class Sessions

- Session 1 : Jan 3-26 \*
- Session 2 : Jan 30-Feb 23 \*
- Session 3 : Feb 27-Mar 16 \*
- Session 4 : Mar 27-April 20
- Session 5 : April 25-May 18 (No M/W Classes)
- Session 6 : June 6-29 \* (No M/W Classes)
- Session 7 : July 11-Aug 3 (No M/W Classes)
- Session 8 : NO CLASSES
- Session 9 : Sept 5-28 \*
- Session 10: Oct 2-26
- Session 11: Oct 30-Nov 16 \*
- Session 12: NO CLASSES

\*Special dates and times during these sessions\*



**PARKS & RECREATION**  
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Aquatics Manager  
Diane Novotny

**JACKSONVILLE  
PARKS & RECREATION**  
**AQUATICS PROGRAM**

# Swim Lessons 2023



Phone : 501-982-4171

# Monday / Wednesday

# Level Descriptions

# Tuesday / Thursday

## Non-beginners (3 yrs and older)

### Levels 1-3 : 4:00pm to 4:30pm

- Designed for those who are non-beginners and are comfortable with the water and want to prepare for becoming part of a swim team.

## Stroke, Turn, Dive Development

### Levels 4 and up :

### 4:30pm to 5:15pm

- Designed for those who can already swim the length of the pool and need to perfect their strokes, turns, and dive development.

## LEVEL 1:

Designed to familiarize participants in the aquatic environment and to help them gain basic aquatic skills. In addition, participants start learning about how to be safe around the water.

## LEVEL 2:

Participants begin to perform skills at a slightly more advanced level and begin gaining basic propulsive skills on both the front and the back.

## LEVEL 3:

Participants learn the front crawl and elementary backstroke at basic proficiency levels and are introduced to the scissors and dolphin kicks.

## LEVEL 4:

Proficiency in performing the swimming strokes that were introduced in Level 3. Also, participants learn the arm actions that accompany the scissors kick and breaststroke kick in order to begin performing the sidestroke and breaststroke at basic proficient levels.

## LEVEL 5:

Focuses on helping participants refine their performance of all six swimming strokes (front crawl, back crawl, butterfly, breaststroke, elementary backstroke and sidestroke).

## LEVEL 6:

Focuses on refining strokes, turns and building endurance. Three options: personal water safety, fundamentals of diving and fitness swimmer.

## 3 yrs and older : All Levels

4:00pm to 4:30pm

4:45pm to 5:15pm

6:30pm to 7:00pm

## Fitness Swimmer

6:15pm to 7:00pm

Designed for refining strokes, turns, and building endurance.

## Adult

7:00pm to 7:30pm

Intended for older teens and adults wishing to improve their knowledge of, and skill in the water. Three options: Learning the basics, Improving skills and swimming strokes, and swimming for fitness.

## Parent / Child

7:00pm to 7:30pm

Designed to familiarize children with the water and teach swimming readiness skills. Also, provides parents with safety information and teaches parents skills they can use to help orient their child to the water.

\*Available during sessions 4, 5, 6, 7 & 9 only.



# American Red Cross

