



2024 SWIM LESSONS

The Pool offers a variety of swim lesson options to members including weekday morning, evening, Saturday morning, and Parent/Child lessons. Children must be at least three years old, and toilet trained to participate in the American Red Cross based swim lesson levels 1 – 4. Classes are for members only and held **rain or shine**. Each class is 30 minutes long.

Registration and payment are made online through your Community Pass account. Spots are limited, registration will close on the dates listed below or when the class is full, whichever comes first. Register at <https://register.communitypass.net/LowerMakefield>

Price: \$55.00 for the first child; \$50.00 for each additional child.

Membership Key Fobs must be presented to enter The Pool Complex for swim lessons. Members will not be required to leave after lessons; however, they will not be allowed entry to the pools until the facility is open and the lifeguards signal the pools are open for swimming. If a non-member is bringing your child to swim lessons, a \$20.00 cash deposit will be collected and refunded if they exit the facility before opening. This is limited to one non-member adult per family registered for swim lessons. Once the pool opens deposits will not be refunded.

Requests for refunds must be made in writing within the first two days of class. Requests can be emailed to communitypool@lmt.org.

Developmental Swim

Developmental Swim formerly (levels 5 and 6) will be offered through lmtswim.com.

This program is designed to bridge the gap between our competitive swimmers and swimmers who are not quite ready for the team experience. It is designed for ages 5-10, for beginner swimmers who have an interest in swimming competitively but are still learning all 4 strokes, starts, and turns. This is a smaller group with fewer kids per lane and a larger coach to swimmer ratio, with only 25 spots in this group. Members enrolled in this group DO NOT compete at swim meets. This group is offered practice 4 mornings per week (Monday - Thursday). This group does not meet after school for afternoon practices. Visit lmtswim.com for more information and to register.

Private Swim Lessons

Private swim lessons are available on a first come, first serve basis with an approved LMT instructor during normal operating hours. Private lesson requests must be made online. The link to the request form will be posted on our website at lmt.org starting in June. Management will review requests and schedule private lessons. Payments are made at the front gate prior to beginning the lesson and payment receipt must be provided to the instructor.

Price: \$30.00 for a 30-minute session per swimmer.

Semi-Private lessons – Children must be swimming at similar levels (swim test required prior to first lesson). After first student, each additional student will be \$20.00 with a maximum of 3 students in the lesson. The same private swim lesson information applies.

Baby Pool Use During Swim Lessons

The baby pool will be open Monday – Thursday while swim lessons are in session. The baby pool is only designed for children under the age of four, older children are not permitted in the pool for safety reasons. Caregivers must remain with their children.

Level Descriptions, Schedule & Online Registration Dates

<https://register.communitypass.net/LowerMakefield>

LEVEL 1: To begin developing positive attitudes, good swimming habits and safe practices in and around the water.

- There are no pre-requisites for this course.
- Help students feel comfortable in the water and enjoy the water safely.
- Introduce elementary aquatic skills which will be built upon throughout the five levels of the Learn to Swim Program.
- Youth who have some experience with the water may begin the program at a higher level.

Weekday Lessons:

Sessions 1

Dates: Monday, June 17 – Thursday, June 27

Times: Monday - Thursday 9:00 AM, 9:45 AM, 10:30 AM, 11:15AM

Registration Opens: Thursday, June 6

Registration Closes: Sunday, June 16

Sessions 2

Dates: Monday, July 8 – Thursday, July 18

Times: Monday - Thursday 9:00 AM, 9:45 AM, 10:30 AM, 11:15AM

Registration Opens: Monday, June 24

Registration Closes: Sunday, July 7

Sessions 3

Dates: Monday, July 29 – Thursday, August 8

Times: Monday - Thursday 9:00 AM, 9:45 AM, 10:30 AM, 11:15AM

Registration Opens: Monday, July 15

Registration Closes: Sunday, July 28

Evening Lessons:

Monday:

Dates: Monday, June 17 – Monday, August 5

Times: Mondays 5:30 PM, 6:15 PM

Registration Opens: Thursday, June 6

Registration Closes: Sunday, June 16

Wednesday:

Dates: Wednesday, June 19 – Wednesday, August 7

Times: Wednesday 5:30 PM, 6:15 PM

Registration Opens: Thursday, June 6

Registration Closes: Sunday, June 16

Saturday Lessons:

Dates: Saturday, June 22– Saturday, August 10

Time: 9:00 AM, 9:45 AM

Registration Opens: Thursday, June 6

Registration Closes: Sunday, June 16

LEVEL 2: To give participants success with fundamental skills, including learning how to float without support and to recover to a vertical position.

- Students entering this course must have a Level 1 certificate or be able to demonstrate all the completion requirements in Level 1.
- Float without support and recover to a vertical position.
- Begin true locomotion skills.
- Explore simultaneous and alternating arm and leg actions on their front and back.

Weekday Lessons:

Sessions 1

Dates: Monday, June 17 – Thursday, June 27

Times: Monday - Thursday 9:00 AM, 9:45 AM, 10:30 AM, 11:15AM

Registration Opens: Thursday, June 6

Registration Closes: Sunday, June 16

Sessions 2

Dates: Monday, July 8 – Thursday, July 18

Times: Monday - Thursday 9:00 AM, 9:45 AM, 10:30 AM, 11:15AM

Registration Opens: Monday, June 24

Registration Closes: Sunday, July 7

Sessions 3

Dates: Monday, July 29 – Thursday, August 8

Times: Monday - Thursday 9:00 AM, 9:45 AM, 10:30 AM, 11:15AM

Registration Opens: Monday, July 15

Registration Closes: Sunday, July 28

Evening Lessons:

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Dates: Monday, June 17 – Monday, August 5

Times: Mondays 5:30 PM, 6:15 PM

Registration Opens: Thursday, June 6

Registration Closes: Sunday, June 16

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Dates: Wednesday, June 19 – Wednesday, August 7

Times: Wednesday 5:30 PM, 6:15 PM

Registration Opens: Thursday, June 6

Registration Closes: Sunday, June 16

Saturday Lessons:

Dates: Saturday, June 22 – Saturday, August 10

Time: 9:00 AM, 9:45 AM

Registration Opens: Thursday, June 6

Registration Closes: Sunday, June 16

LEVEL 3: To build on the skills in Level 2 by providing additional guided practice in deeper water.

- Students entering this course must have a Level 2 certificate or be able to demonstrate all the completion requirements in Level 2.
- Coordinate the front crawl and back crawl
- Elements of the butterfly introduced
- Fundamentals of treading water
- Must be able to swim 15 yards without stopping, face in the water before starting class

Weekday Lessons:

Sessions 1

Dates: Monday, June 17 – Thursday, June 27

Times: Monday - Thursday 9:00 AM, 9:45 AM, 10:30 AM, 11:15AM

Registration Opens: Thursday, June 6

Registration Closes: Sunday, June 16

Sessions 2

Dates: Monday, July 8– Thursday, July 18

Times: Monday - Thursday 9:00 AM, 9:45 AM, 10:30 AM, 11:15AM

Registration Opens: Monday, June 24

Registration Closes: Sunday, July 7

Sessions 3

Dates: Monday, July 29– Thursday, August 8

Times: Monday - Thursday 9:00 AM, 9:45 AM, 10:30 AM, 11:15AM

Registration Opens: Monday, July 15

Registration Closes: Sunday, July 28

Evening Lessons:

Monday:

Dates: Monday, June 17 – Monday, August 5

Times: Mondays 5:30 PM, 6:15 PM

Registration Opens: Thursday, June 6

Registration Closes: Sunday, June 16

Wednesday:

Dates: Wednesday, June 19– Wednesday, August 7

Times: Wednesday 5:30 PM, 6:15 PM

Registration Opens: Thursday, June 6

Registration Closes: Sunday, June 16

Saturday Lessons:

Dates: Saturday, June 22 – Saturday, August 10

Time: 9:00 AM, 9:45 AM

Registration Opens: Thursday, June 6

Registration Closes: Sunday, June 16

LEVEL 4: To develop a child's confidence in the strokes learned in Level 3 and to improve other aquatic skills.

- Students must have a Level 3 certificate or be able to demonstrate all the completion requirements in Level 3.
- Improve skills and increase endurance by swimming familiar strokes for greater distances.
- Build on butterfly.
- Introduce elementary backstroke, breaststroke, and elements of sidestroke.
- Must be able to swim 25 yards without stopping, face in the water before starting class.

Weekday Lessons:

Sessions 1

Dates: Monday, June 17 – Thursday, June 27

Times: Monday - Thursday 10:30 AM, 11:15AM

Registration Opens: Thursday, June 6

Registration Closes: Sunday, June 16

Sessions 2

Dates: Monday, July 8– Thursday, July 18

Times: Monday - Thursday 10:30 AM, 11:15AM

Registration Opens: Monday, June 24

Registration Closes: Sunday, July 7

Sessions 3

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Registration Opens: Thursday, June 6

Registration Closes: Sunday, June 16

Wednesday:

Dates: Wednesday, June 19 – Wednesday, August 7

Times: Wednesday 5:30 PM, 6:15 PM

Registration Opens: Thursday, June 6

Registration Closes: Sunday, June 16

Saturday Lessons:

Dates: Saturday, June 22 – Saturday, August 10

Time: 9:00 AM, 9:45 AM

Registration Opens: Thursday, June 6

Registration Closes: Sunday, June 16

Parent/Child Swim Lessons:

The class is designed to familiarize our youngest swimmers between the ages of six months and three years to water in a group setting in preparation for enrollment in American Red Cross based swim lessons. A parent or caregiver must accompany the swimmer and participate in the water. Swim diapers are required.

Dates: Tuesday, June 18 – Tuesday, August 6

Registration Opens: Thursday, June 6

Times: Tuesday at 5:30 PM , 6:15 PM , or 7 PM

Registration Closes: Sunday, June 16

