



Broadlands, in conjunction with High Sierra Pools, is offering swimming lessons this summer. For more information and registration, please visit our website www.highsierrapools.com. Valid Pool Passes are required!

Swim lessons are a critical resource given that drowning is the number one cause of accidental death for children under the age of four. Fortunately, research shows that a toddler who participates in swim lessons reduces this risk by 88%. Children of any age can quickly benefit from learning the skills to keep themselves safe in and around water. At High Sierra Pools, we are dedicated to preventing drowning by teaching children and their families to be safer. Our goal is that every student feels confident, in and out of the pool, with memories to last a lifetime.



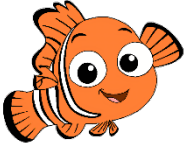
SESSION DETAILS

Each session is composed of eight 30-minute lessons taught over two weeks. All lessons are taught Monday through Thursday, with Friday as a make-up day. A group session's cost is \$140 per child, and a Book an Instructor session is \$350 per student. A child must be at least 3 years old to enroll in lessons and to enroll for group lessons. The deadline to register will be one week before the session's start date.

HSP offers the following types of lessons each session:

1. **BOOK AN INSTRUCTOR** - Private 1 on 1 or reserved for PODs that would like to be together (neighbors, friends). Children must be at least 3 years old to enroll in this class. The maximum number per group is three students with similar swimming skills and age. The cost is \$350 per group.
2. **GROUP LESSONS** - There is a minimum of three children needed to run the group lesson. The maximum number of children per group is five. A child must be at least 3 years old to enroll in group lessons. We create a supportive environment that combines safety skills with age-appropriate swim techniques. The cost is \$140 per student.

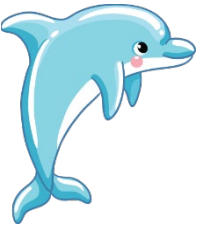
LEVEL DESCRIPTION



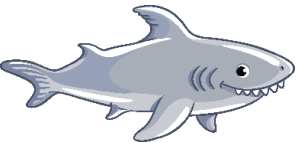
Nemos: This beginning level for children teaches them to be comfortable and safe in the water. Instructors will focus on introducing children to the water and improving their safety and comfort in the swimming pool. The class will feature activities such as: face in the water, wetting the hair, submerging, opening eyes, front glide, back glide, breath control, moving around comfortably, and blowing bubbles. We highly recommend this level for children who have never taken lessons, preferably children between 3 and 5 years old.



Sea Turtles: This level marks the beginning of independent aquatic locomotion skills. Children continue to explore using simultaneous and alternating arm and leg actions on the front and back to gain more proficiency for strokes. This class will introduce exercises in the water: arm movement, body position, leg movement, floating and blowing bubbles, all connected with freestyle and backstroke. This level is recommended for children confident in the water but never had lessons. Preferably children between 4 and 8 years old.



Dolphins: Students who complete this level will be comfortable swimming in deep water, and be proficient in front crawl, back crawl, and breaststroke. They will be able to swim 50 yards with each of the strokes. This group is for children who are confident in the water and know the basic swimming skills of freestyle and backstroke. At this level, arm position, leg exercises, breathing, turns, tread water, and diving will be practiced. Butterfly will be introduced in this class. This group's focus is for children that already know basic skills of freestyle and backstroke or for children who have passed the Sea Turtles level. Preferably children between 6 and 12 years old.



Sharks: The goal is to make significant improvements to rotary breathing with front crawl, demonstrate some proficiency in the other strokes being introduced, and develop endurance by increasing the distances they can swim. In this class, the swimmers will improve their movement in the backstroke, freestyle, and breaststroke. The correct position to dive will also be an essential skill learned in the class. This class is recommended for children who successfully finished Dolphins level or children with previous swimming experience. Preferably children between 7 and 12 years old.

SWIM LESSONS SCHEDULE FOR 2024

Session	Dates	Make-up days
1st session	6/17-6/20/2024	6/21/2024
	6/24-6/27/2024	6/28/2024
2nd session	*7/1-7/5/2024	n/a
	7/8-7/11/2024	7/12/2024
3rd session	7/15-7/20/2024	7/21/2024
	7/22-7/25/2024	7/26/2024
4th session	7/29-8/1/2024	8/2/2024
	8/5-8/8/2024	8/9/2024
5th session	8/12-8/15/2024	8/16/2024
	8/19-8/22/2024	8/23/2024

***No lessons on July 4th, lessons will start on July 5th**

Community Center Pool (pool hours 11 am-8 pm)

Time	Levels
8:30 AM - 9:00 AM	Book an instructor
9:00 AM - 9:30 AM	Sea Turtles/ Sharks / Book an instructor
9:30 AM - 10:00 AM	Sea Turtles /Dolphins / Book an instructor
10:00 AM - 10:30 AM	Book an instructor
8:00 PM - 8:30 PM	Dolphins / Book an instructor
8:30 PM - 9:00 PM	Sharks/ Book an instructor

Summerbrooke Pool (pool hours 10 am-8 pm)

Time	Levels
8:00 AM - 8:30 AM	Book an instructor
8:30 AM - 9:00 AM	Nemos / Sea Turtles
7:30 PM - 8:00 PM	Book an instructor
8:00 PM - 8:30 PM	Nemos / Sea Turtles
8:30 PM - 9:00 PM	Book an instructor / Dolphins