

Group or Individual Classes  
(Scholarships available)

## PARENT & CHILD AQUATICS | 30 MIN.

**Levels 1 & 2** - Recommended Age: 6 months–3 years

Orients children to the Aquatic Environment and teaches them the basic aquatic skills



## PRESCHOOL AQUATICS | 30 MIN.

**Preschool Level 1** - Recommended Age: 3–5 years

Orients children to the Aquatic Environment and teaches them the basic aquatic skills

**Preschool Level 2** - Recommended Age: 3–5 years

Build upon the skills learned in Preschool Level 1 to gain more comfort and independence

**Preschool Level 3** - Recommended Age: 3–5 years

Helps children start to gain basic swimming propulsive skills

## LEARN-TO-SWIM | 45 MIN.



**Level 1: Introduction to Water Skills** - Recommended Age: 6 years and up

Helps participants feel comfortable in the water

**Level 2: Fundamental Aquatic Skills** - Recommended Age: 6 years and up

Gives participants success with fundamental aquatic skills

**Level 3: Stroke Development** - Recommended Age: 6 years and up

Builds on Level 2 skills through additional guided practice

**Level 4: Stroke Improvement** - Recommended Age: 6 years and up

To develop confidence in the strokes learned so far

**Adult Swim: Learning the Basics**

Helps participants gain basic aquatic skills and swimming strokes

**Adult Swim: Improving Skills and Swimming Strokes**

Improve participants' proficiency in basic aquatic skills and the six basic swimming strokes

**Adult Swim: Swimming for Fitness**

Refine participants' front crawl, back crawl and breaststroke

**TO REGISTER**



Contact Kathy Gold 703-282-4078, [kathy@kathygoldcde.org](mailto:kathy@kathygoldcde.org), or speak to David Dudley, Pool Manager for more information.

# TENTATIVE SWIM LESSON SCHEDULE

---

## GH-CP POOL

**Preschool Class:** June 14 – June 18 11:00 - 11:30 AM

**Preschool Class:** June 28 – July 2 11:00 – 11:30 AM

**Learn to Swim Class:** June 21 – June 25 11:00 – 11:45

**Preschool Class:** July 19 – July 23 11:00 – 11:30 AM

**Learn to Swim Class:** July 19 – July 23 11:30 – 12:15 PM

**Preschool Class:** July 26 – July 30 11:00 – 11:30 AM

**Learn to Swim Class:** July 26 – July 30 11:30 – 12:15 PM

**Preschool Class:** August 9 – August 13 11:00 – 11:30 AM

**Learn to Swim Class:** August 9 – August 13 11:30 – 12:15 PM

**Parent and Child and Adult classes** as requested

Dates subject to change based on enrollment. Individual classes available.

**TO REGISTER**

Contact Kathy Gold 703-282-4078, [kathy@kathygoldcde.org](mailto:kathy@kathygoldcde.org), or speak to David Dudley, Pool Manager for more information.