

PRESCHOOL AQUATICS &

# Learn-to-Swim LESSONS

AT GURNEY LANE RECREATION AREA POOL

The Learn-to-Swim classes are designed to improve each child's swimming skills at his or her own pace. Swimming requires more advanced motor coordination, which involves considerable practice to develop. It is quite common for a student to stay at one skill level for more than one session due to individual development. For a more accurate placement of your child in our swim lesson program, please refer to the detailed skills sheet for each level at: **recreation.queensburyny.gov**. A two-week swim lesson session includes 10 lessons (1/2 hour) and is held at the same time once a day, 5 days a week (Monday-Friday).

**EARLY TERMS** (1 week/each)  
**LEVELS 1-4 ONLY**

**REGULAR TERMS** (2 weeks)  
**ALL LEVELS**

**1A:** June 22-26

**1B:** June 29-July 3

*These condensed terms have limited time slots; please view availability online.*

**2:** July 6-17

**3:** July 20-31

**4:** August 3-15

Terms 1A and 1B:

Resident: \$35; Non-Resident: \$45

Terms 2-4:

Resident: \$70; Non-Resident: \$85

REGISTRATION OPENS MAY 1

For More Information and to Register:  
[recreation.queensburyny.gov](http://recreation.queensburyny.gov)

**PRESCHOOL AQUATICS: WATER EXPLORATION (PSA1)**

(1/2 HR.) Children 3-5 years of age.

Children with no previous water experience, leave parent willingly, are introduced to kicking, floating, and submerging.

- 9:00 – 9:30 am
- 9:30 – 10:00 am
- 10:00 – 10:30 am
- 10:30 – 11:00 am
- 11:00 – 11:30 am
- 11:30 am – 12:00 pm
- 12:00 pm – 12:30 pm
- 12:30 pm – 1:00 pm

**PRESCHOOL AQUATICS: PRIMARY SKILLS (PSA2)** (1/2 HR.)

Able to submerge face, kick on front and back with support.

For children who have passed PSA1. Introduction to front and back crawl, front and back glides, and orientation to the deep water.

- 9:00 – 9:30 am
- 9:30 – 10:00 am
- 10:00 – 10:30 am
- 10:30 – 11:00 am
- 11:00 – 11:30 am
- 11:30 am – 12:00 pm
- 12:00 pm – 12:30 pm
- 12:30 pm – 1:00 pm

**LEARN TO SWIM: STROKE DEVELOPMENT (LTS3)** (1/2 HR.)

Able to hold breath under water, front and back glide, combined stroke front/back, and kneeling dive.

For children who have passed PSA2. Stroke coordination and improvement. Introduction to elementary backstroke, kneeling dive from side of pool, all stroke kicks, rotary breathing, and safety and survival skills.

- 9:00 – 9:30 am
- 9:30 – 10:00 am
- 10:00 – 10:30 am
- 10:30 – 11:00 am
- 11:00 – 11:30 am
- 11:30 am – 12:00 pm
- 12:00 pm – 12:30 pm
- 12:30 pm – 1:00 pm

**LEARN TO SWIM: STROKE IMPROVEMENT (LTS4)** (1/2 HR.)

Able to dive from side, front/back crawl 25 yards, and demonstrate elementary backstroke.

For children who have passed LTS3. Review front and back crawl, introduction to breast stroke, butterfly, and sidestroke, standing dive from side of pool, and self-rescue techniques.

- 9:00 – 9:30 am
- 10:00 – 10:30 am
- 12:00 – 12:30 pm

**LEARN TO SWIM: STROKE REFINEMENT (LTS5)** (1/2 HR.)

Able to swim front/back crawl 50 yards, elementary backstroke 10 yards, breaststroke/sidestroke 10 yards.

For children who have passed LTS4. Introduction to flip turns, open turns, and rescue breathing. Precision of whole stroke skills and standing dive.

- 11:00 am – 11:30 am

**LEARN TO SWIM: FITNESS SWIMMER (LTS6)** (1/2 HR.)

Able to swim front/back crawl 100 yards, elementary backstroke 25 yards, breaststroke/sidestroke 25 yards, and flip turns.

For children who have passed LTS5. Emphasis on the coordination of whole strokes for student to swim more effectively while improving endurance levels and strength in each stroke.

- 11:00 am – 11:30 am

SCAN TO REGISTER



**Queensbury  
PARKS &  
RECREATION**

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