

Wayne Township Parks and Recreation

2024

SWIMMING LESSONS



FEE PER SESSION
POOL/LAKE MEMBERS
\$40.00
NON-MEMBERS
\$75.00

James W. Roe Pool
133 Garside Ave

OPEN TO ALL WAYNE RESIDENTS

FIRST SESSION:

June 25 – June 28, 2024
and
July 1 – July 5, 2024
(no lesson on July 4)

SECOND SESSION:

July 9 - July 12, 2024
and
July 16 – July 19, 2024

THIRD SESSION:

July 23 – July 26, 2024
and
July 30 – August 2, 2024

CLASSES AVAILABLE AT 9:30, 10:00, 10:30, 11:00 A.M. – SEE CHART AND REGISTRATION FORM ATTACHED.

- ✓ EACH SWIM LESSONS SESSION CONSISTS OF EIGHT (8) 30-MINUTE CLASSES
- ✓ SESSIONS ARE TUESDAY THROUGH FRIDAY, FOR TWO WEEKS.
- ✓ MAX 8 STUDENTS PER CLASS. MINIMUM OF 4 STUDENTS FOR THE CLASS TO RUN.
- ✓ REGISTRATION OCCURS ON A FIRST-COME, FIRST-SERVE BASIS, CLASSES FILL QUICKLY.
- ✓ PLEASE SEE ATTACHED FOR TIMES AND AGE REQUIREMENTS FOR ALL LEVELS.
- ✓ CHILDREN MUST HAVE SUCCESSFULLY COMPLETED THE PREVIOUS LEVEL TO BE REGISTERED FOR THE NEXT LEVEL.
- ✓ LESSONS OPEN TO MEMBERS AND NON MEMBERS.



REGISTRATION WILL NOT BE ACCEPTED AT THE POOL



Register online at www.waynetownship.com/parks or in person at Wayne Township Parks and Recreation Department, 475 Valley Rd., Wayne, NJ 07470. Any questions email recreation@waynetownship.com or call 973-694-1800 x 3260. Swim lessons level and sessions chart, and registration form attached.

SWIM LESSONS LEVELS

The following skills are emphasized in each of the classes listed below. Take careful consideration to place your child in the appropriate level. **Note:** Children must have successfully completed the previous level to enroll in the next level.

LEVEL 1 – (Ages 3-6)

- Submerging face for 3 seconds
- Bobbing to chest level (10)
- Front/Back float
- Bubble blowing
- Kicking on front/back
- Begin front crawl

LEVEL 4 – (Ages 5-17)

- Deep water bobbing
- Standing dive
- Elementary backstroke (10 yards)
- Sculling on back (5 yards)
- Front/back crawl (25 yards)
- Breaststroke (10 yards)
- Sidestroke (10 yards)
- Tread water (10 minutes)
- Stride jump
- Float (unsupported)
- Rotary breathing with strokes
- Scissor/breaststroke kick (10 yards)

LEVEL 2 – (Ages 4-17)

- Submerging head for 3 seconds
- Front/Back glide
- Retrieve objects
- Front/Back crawl arms (5 yards)
- Explore deep water
- Retrieve objects from underwater
- Bobbing with head submerged (10)
- Kicking on front/back

LEVEL 5 – (Ages 6-17)

- Stride jump
- Standing dive
- Long shallow dive
- Breaststroke (10 yards)
- Sidestroke (10 yards)
- Elementary backstroke (25 yards)
- Butterfly (10 yards)
- Front/back crawl (50 yards)
- Alternate breathing
- Open turn (front/back)
- Feet first surface dive
- Tread water 2 minutes
- Swim underwater (3 body lengths)

LEVEL 3 – (Ages 4-17)

- Front/back glide with push-off
- Front crawl/back crawl for (10 yards)
- Elementary backstroke (10 yards)
- Tread water
- Survival Float
- Rotary breathing with strokes
- Bobbing deep to shallow
- Deep water jump
- Kneeling dive

LEVEL 6 – (Ages 6-17)

- Dive from board
- Front/back crawl (100 yards)
- Breaststroke (25 yards)
- Sidestroke (25 yards)
- Butterfly (10 yards)
- Tread water (3minutes-1 minute no hands)
- Breaststroke/sidestroke turns
- Front crawl flip turns

SESSION 1 – June 25 – June 28, 2024 and July 1 – July 5, 2024 (no lessons on July 4, 2024)

Time	Instructor A	Instructor B	Instructor C	Instructor D	Instructor E	Instructor F
9:30 a.m.	Level 1	Level 2	Level 3	Level 4	Level 5	Level 2
10:00 a.m.	Level 1	Level 2	Level 3	Level 2	Level 6	Level 3
10:30 a.m.	Level 1	Level 2	Level 3	Level 4	Level 5	Level 1
11:00 a.m.	Level 1	Level 2	Level 3	Level 4	Level 6	Level 1

SESSION 2 – July 9 – July 12, 2024 and July 16 – July 19, 2024

Time	Instructor A	Instructor B	Instructor C	Instructor D	Instructor E	Instructor F
9:30 a.m.	Level 1	Level 2	Level 3	Level 3	Level 6	Level 4
10:00 a.m.	Level 1	Level 2	Level 3	Level 4	Level 5	Level 2
10:30 a.m.	Level 1	Level 2	Level 3	Level 4	Level 1	Level 6
11:00 a.m.	Level 1	Level 2	Level 3	Level 4	Level 5	Level 2

SESSION 3 – July 23 – July 26, 2024 and July 30 – August 2, 2024

Time	Instructor A	Instructor B	Instructor C	Instructor D	Instructor E	Instructor F
9:30 a.m.	Level 1	Level 2	Level 3	Level 3	Level 5	Level 2
10:00 a.m.	Level 1	Level 2	Level 3	Level 4	Level 5	Level 4
10:30 a.m.	Level 1	Level 2	Level 3	Level 4	Level 5	Level 6
11:00 a.m.	Level 1	Level 2	Level 3	Level 4	Level 5	Level 6