

# AUGUST SWIMMING LESSONS AT REFRESHING MOUNTAIN POOL

Please contact [Debbie@refreshingmountain.com](mailto:Debbie@refreshingmountain.com) to determine level and start the registration process.

## **Dates:**

August 3 - 14

Monday, Tuesday, Thursday and Friday

August 17 & 18

Monday & Tuesday

August 20 & 21 – Make-up dates for RMC cancelation

Thursday & Friday

## **Skill Level**

**School Age Level 3** – 8:30 – 9:10am. Stroke Development – freestyle, back stroke and breast stroke; Stamina and strength building for each stroke

**School Age Level 2** – 9:20 – 10:00am. Building on skills from level 1 with floating on front and back; tweaking streamline gliding on front and back; freestyle development and introduction to backstroke and diving

**School Age Level 1** – 10:10 – 10:50am. Entering and exiting water safely; submerging head with comfort; Floating on front and back; streamline gliding on front and back; introduction to freestyle swimming.

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