



# the Compass

## Directions in Community Living

### Swim Lesson Schedules

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| <p><b>Session 1</b><br/>Monday -Thursday<br/>or<br/>Friday, Saturday, Sunday</p> | <p><b>Non Swimmers</b><br/>June 6,7,8,9,13,14,15,16<br/>8:30am to 9:00am<br/>June 10,11,12,17,18,19,24,25<br/>8:30am to 9:00am</p> |
| <p><b>Session 2</b><br/>Monday -Thursday</p>                                     | <p>June 20,21,22,23,24,27,28,29,30<br/>8:00am-8:30am</p>   |
| <p><b>Session 3</b><br/>Monday -Thursday<br/>or<br/>Friday, Saturday, Sunday</p> | <p>July 4,5,6,7,11,12,13,14<br/>8:30am-9:00am<br/>July 1,2,3,8,9,10,15,16<br/>8:30am-9:00am</p>                                    |
| <p><b>Session 4</b><br/>Monday-Thursday</p>                                      | <p>July 18,19,20,21,25,26,27,28<br/>8:00-8:30am</p>  |
| <p><b>Session 2</b><br/>Monday -Thursday</p>                                     | <p><b>Waterbabies</b><br/>June 20,21,22,23,24,27,28,29,30<br/>9:30-10:00am</p>   |
| <p><b>Session 4</b><br/>Monday-Thursday</p>                                      | <p>July 18,19,20,21,25,26,27,28<br/>9:30-10:00am</p>   |
| <p><b>Session 1</b><br/>Monday -Thursday<br/>or<br/>Friday, Saturday, Sunday</p> | <p><b>Beginners</b><br/>June 6,7,8,9,13,14,15,16<br/>9:00-9:30am<br/>June 10,11,12,17,18,19,24,25<br/>9:00-9:30am</p>              |
| <p><b>Session 2</b><br/>Monday -Thursday</p>                                     | <p>June 20,21,22,23,24,27,28,29,30<br/>8:30am-9:00am</p>   |
| <p><b>Session 3</b><br/>Monday -Thursday<br/>or<br/>Friday, Saturday, Sunday</p> | <p>July 4,5,6,7,11,12,13,14<br/>9:00-9:30am<br/>July 1,2,3,8,9,10,15,16<br/>9:00-9:30am</p>  |
| <p><b>Session 4</b><br/>Monday-Thursday</p>                                      | <p>July 18,19,20,21,25,26,27,28<br/>8:30-9:00am</p>  |
| <p><b>Session 1</b><br/>Monday -Thursday<br/>or<br/>Friday, Saturday, Sunday</p> | <p><b>Intermediate</b><br/>June 6,7,8,9,13,14,15,16<br/>9:30-10:00am<br/>June 10,11,12,17,18,19,24,25<br/>9:30-10:00am</p>         |
| <p><b>Session 2</b><br/>Monday -Thursday</p>                                     | <p>June 20,21,22,23,24,27,28,29,30<br/>9:00-9:30am</p>   |
| <p><b>Session 3</b><br/>Monday -Thursday<br/>or<br/>Friday, Saturday, Sunday</p> | <p>July 4,5,6,7,11,12,13,14<br/>9:30-10:00am<br/>July 1,2,3,8,9,10,15,16<br/>9:30-10:00am</p>                                      |
| <p><b>Session 4</b><br/>Monday-Thursday</p>                                      | <p>July 18,19,20,21,25,26,27,28<br/>9:00-9:30am</p>  |

### Learn to Swim Program

There is limited space available for each class. Class times and dates are listed in the table (left). You may sign up for swim lessons at the main office in person. The cost for each session is \$55.00. Swim Lessons are held at the Emerald Valley Pool. The Swim Instructor is Mike Starks and he has been giving lessons at the Great Northwest for over three years. Mike was a former GNW lifeguard as well. Detailed skill level requirements are available at the main office at time of sign up. Below is a brief overview of each class. *Age is only a general marker of a child's developmental level and physical ability. Individual differences in children concerning their preferences and prior water experience will influence the way and the speed at which they learn.*

#### **Non-Swimmers- ages 3,4,and 5**

To orient participants to the aquatic environment and teach them elementary aquatic locomotion skills, and water safety skills, which can be built on as they progress through the Learn to Swim Program.

#### **Waterbabies- 10 months to 2 years**

Helps children become comfortable in the water as they develop a readiness to swim. Parents and instructor work together to help children adjust to the water. *This course does not teach children to be accomplished swimmers nor to survive in the water.*

#### **Beginner -6 years old and up**

Increase swimming skill competency

#### **Intermediate-6 years old and up**

To build on the aquatic locomotion, safety, and rescue skills previously learned by providing participants with additional guided practice. Must have successfully completed Beginner Class.

