



FUN IN THE SUN!



# LEARN TO SWIM

at the Caporella Aquatic Complex

9300 NW 58 Street, Tamarac

## Celebrate SUMMER AND LEARN TO SWIM!

### Parent + Preschool

The objective of our Preschool + Parent swim class is to help students 2-4 years of age feel comfortable in the water while mom or dad is at their side. Students will learn elementary water skills that they can build on as they progress through the various swim levels. We introduce the WaterSmart Rules.

### Tot (only)

Designed for children from 3-5 years of age. They will learn how to ask for permission to enter the water, how to exit and enter the pool, how to blow bubbles, submerging, and floating with assistance.

### Level 1

Designed for children 5 years of age and higher with little or no swimming experience. They will learn independent submersion, kicking, arm padding, floating, jumping, water adaptation, blowing bubbles, underwater recovery, climbing out of the pool, what to do if they fall in, and under water recovery.

## Summer 2022

*All Classes must have a minimum of 3 students to be held, and will have a maximum of 4 students per class.*

*Morning, Evening and Saturday classes (8 classes)*

**Residents \$45.00  
Non-Residents \$55.00**

### Level 2

Designed for children 5 years of age and older who have passed Level 1 skills, or older kids without past swimming experience. They will improve Level 1 skills and learn front crawl stroke, elementary backstroke, floating, glides, surface dives.

### Adult Level 1

Designed for ages 13 and older. Participants will learn foundational swimming skills, such as; front float, back float, basic freestyle, backstroke, and endurance work.

## Class Days and Times

### Parent Preschool

Mon thru Thu: 9-9:30 am; 5:30-6pm

Saturdays 9-9:30 am

### Tot (only)

Mon thru Thu: 9-9:30am

5:30-6pm 6-6:30pm

Saturdays 9-9:30 am

### Level One

Mon thru Thu: 9:30-10 am

6-6:30pm; 6:30-7pm

Saturdays: 9:30-10 am

### Level Two

Mon thru Thu: 9:30-10am;

6:30pm-7 pm

Saturdays: 9:30-10 am

**(Birth Certificate required)**

### Adult Level 1

Friday: 6-6:30p

Parents will be contacted via telephone if class is cancelled due to inclement weather.



www.facebook.com/TamaracParks



For more information (954) 597-3660

