

# 2023 SUMMER SWIM LESSON

Show Low Family Aquatic Center ~ W. Deuce of Clubs ~ Show Low ~ Az~85901 ~ (928)532-4134 ~ [www.showlowaz.gov/pool](http://www.showlowaz.gov/pool)

The Show Low Family Aquatic Center is now a proud provider of Starfish swimming Lessons, a nationally recognized swim instruction curriculum! Starfish Swimming curriculum is designed for students ages 6 months and older. Classes are designed to teach progressive techniques for beginners through advance swimmers using a benchmark curriculum . All classes are 30 minutes long Monday through Thursday for two weeks. It is our goal to advance swimmers at a reasonable pace while maintaining a high standard of instructions.

**It is not uncommon for a swimmer to repeat a particular benchmark.**

**SWIM LESSON POLICY**

It is the parent / guardian’s responsibility to select the correct benchmark/ level. There is a \$5 charge for moving swimmers who are registered in the wrong level or time. There is also a \$5 charge for registration cancellations.

**COST :**

**\$35.00 PER CHILD**

Register at the Show Low Aquatic Center or [online Showlow.activityreg.com](http://online.Showlow.activityreg.com)



**Session 1 June 5 though June 15**

Registration Starts Monday, May 15th @ 9a.m.

<u>9:00 a.m.</u>	<u>9:45 a.m.</u>	<u>10:25 a.m.</u>	<u>5:30 p.m.</u>	<u>6:15 p.m.</u>
StarGuppies	Green (3-5 yrs.)	Yellow (3-5 yrs.)	White (3-5 yrs.)	Green (3-5yrs.)
White (3-5 yrs.)	Red (3-5yrs.)	Blue (3-5 yrs.)	Yellow (3-5 yrs.)	Red (3-5 yrs.)
Blues (3 –5 yrs.)	Blue (6-12 yrs.)	White (3-5 yrs.)	Green (3-5 yrs.)	Blue (3-5 yrs.)
Red (6-11 yrs.)	White (6-12 yrs.)	Red (6-12 yrs.)	White(6-12 yrs.)	White (6-12 yrs.)
Green (6-12 yrs.)	Yellow (6-12 yrs.)	Red (6-12 yrs.)	Blue (6-12 yrs.)	Red (6-12 yrs.)

**Session 2 June 19 though June 29**

Registration Starts Monday, June 12 @ 9 a.m.

<u>9:00 a.m.</u>	<u>9:45 a.m.</u>	<u>10:25 a.m.</u>	<u>5:30 p.m.</u>	<u>6:15 p.m.</u>
Red (3-5 yrs.)	Yellow (3-5 yrs.)	Blue (3-5 yrs.)	StarGuppies	Red(3-5yrs.)
White (3-5yrs.)	Red (3-5yrs.)	Red (3-5 yrs.)	White(3-5 yrs.)	Yellow (3-5 yrs.)
Yellow (3-5 yrs.)	White(6-12 yrs.)	Yellow 3-5 yrs.)	Red (3-5 yrs.)	Green (3-5 yrs.)
Blue (6-12yrs)	Red (6-12 yrs.)	Red (6-12 yrs.)	Red (6-12 yrs.)	White(6-12 yrs.)
Yellow (6-12 yrs.)	Green (6-12 yrs.)	Blue (6-12 yrs.)	Yellow (6-12 yrs.)	Yellow (6-12 yrs.)
			Green (6-12yrs)	Blue (6-12yrs.)

**Session 3 July 10 though July 20**

Registration Starts Monday, June 26 @ 9 a.m.

<u>9:00 a.m.</u>	<u>9:45 a.m.</u>	<u>10:25 a.m.</u>	<u>5:30 p.m.</u>	<u>6:15 p.m.</u>
StarGuppies	Green (3-5 yrs.)	Yellow (3-5 yrs.)	White (3-5 yrs.)	Green (3-5yrs.)
White (3-5 yrs.)	Red (3-5yrs.)	Blue (3-5 yrs.)	Yellow (3-5 yrs.)	Red (3-5 yrs.)
Blues (3 –5 yrs.)	Blue (6-12 yrs.)	White (3-5 yrs.)	Green (3-5 yrs.)	Blue (3-5 yrs.)
Red (6-11 yrs.)	White (6-12 yrs.)	Red (6-12 yrs.)	White(6-12 yrs.)	White (6-12 yrs.)
Green (6-12 yrs.)	Yellow (6-12 yrs.)	Red (6-12 yrs.)	Blue (6-12 yrs.)	Red (6-12 yrs.)
			Green (6-12 yrs.)	Yellow(6-12 yrs.)

White	Red	Yellow	Blue	Green
If the student ...	If the student ...	If the student...	If the student...	If the student...
Is afraid of the water... Can't swim at all... Will not get face wet...	Can't swim without support but loves the water... Will get face wet... Will jump in...	Is not afraid... Can float on front & back... Can jump in and return to surface...	Can swim underwater or on the surface, and can get an occasional breath.	Can tread water for at least 15 seconds... Can swim freestyle with rotary (side) breathing...
<b>SIGN UP FOR WHITE GROUP</b>	<b>SING UP FOR RED GROUP</b>	<b>SIGN UP FOR YEL-LOW GROUP</b>	<b>SIGN UP FOR BLUE GROUP</b>	<b>SIGN UP FOR GREEN GROUP</b>