

Spring Swim Lessons

Location: DMS Swimming Pool
Spring registration opens February 4th at 9:00 am

Spring Beginner 1 Swim Lessons - \$69, 4 Sessions per course

Jumping into chest-deep water, submerging and retrieving objects, bobbing, floating, gliding, changing direction, combining arms and legs for freestyle and backstroke, treading water, deep water activities, jumping in deep water with a life jacket, safety.

Mon Mar 10 - Thu Mar 13, 3:45 - 4:30 pm; B1SL04
Mon Mar 17 - Thu Mar 20, 3:45 - 4:30 pm; B1SL05
Mon Mar 17 - Thu Mar 20, 5:30 - 6:15 pm; B1SL06
Mon Mar 31 - Thu Apr 3, 3:45 - 4:30 pm; B1SL07
Mon Mar 31 - Thu Apr 3, 5:30 - 6:15 pm; B1SL08
Mon Apr 14 - Thu Apr 17, 3:45 - 4:30 pm; B1SL09
Mon Apr 14 - Thu Apr 17, 5:30 - 6:15 pm; B1SL10
Mon Apr 28 - Thu May 1, 3:45 - 4:30 pm; B1SL11

Mon Apr 28 - Thu May 1, 5:30 - 6:15 pm; B1SL12
Mon May 5 - Thu May 8, 3:45 - 4:30 pm; B1SL13
Mon May 5 - Thu May 8, 3:45 - 4:30 pm; B1SL14
Mon May 5 - Thu May 8, 5:30 - 6:15 pm; B1SL15
Mon May 5 - Thu May 8, 5:30 - 6:15 pm; B1SL16
Mon May 12 - Thu May 15, 5:30 - 6:15 pm; B1SL17
Mon May 12 - Thu May 15, 5:30 - 6:15 pm; B1SL18
Mon May 19 - Thu May 22, 3:45 - 4:30 pm; B1SL19
Mon May 19 - Thu May 22, 5:30 - 6:15 pm; B1SL

Spring Beginner 2 Swim Lessons - \$69, 4 Sessions per course

Extending duration and combining skills from Beginner 1, introducing rotary breathing and a sitting dive.

Mon Mar 10 - Thu Mar 13, 5:30 - 6:15 pm; B2SL04
Mon Mar 24 - Thu Mar 27, 3:45 - 4:30 pm; B2SL05
Mon Mar 24 - Thu Mar 27, 5:30 - 6:15 pm; B2SL06
Mon Apr 7 - Thu Apr 10, 3:45 - 4:30 pm; B2SL07
Mon Apr 7 - Thu Apr 10, 5:30 - 6:15 pm; B2SL08
Mon Apr 28 - Thu May 1, 3:45 - 4:30 pm; B2SL09

Mon May 5 - Thu May 8, 3:45 - 4:30 pm; B2SL10
Mon May 5 - Thu May 8, 5:30 - 6:15 pm; B2SL11
Mon May 12 - Thu May 15, 3:45 - 4:30 pm; B2SL12
Mon May 12 - Thu May 15, 5:30 - 6:15 pm; B2SL13
Mon May 12 - Thu May 15, 5:30 - 6:15 pm; B2SL14
Mon May 19 - Thu May 22, 3:45 - 4:30 pm; B2SL15
Mon May 19 - Thu May 22, 5:30 - 6:15 pm; B2SL16

Spring Intermediate 3 Swim Lessons - \$69, 4 Sessions per course

Jumping into deep water, retrieving objects, survival float, back float, rotary breathing, streamlining kicks, various strokes, endurance building, kneeling and standing dives.

Mon Mar 17 - Thu Mar 20, 3:45 - 4:30 pm; IM3SL02
Mon Mar 17 - Thu Mar 20, 5:30 - 6:15 pm; IM3SL03
Mon Mar 24 - Thu Mar 27, 3:45 - 4:30 pm; IM3SL04
Mon Mar 24 - Thu Mar 27, 5:30 - 6:15 pm; IM3SL05
Mon Mar 31 - Thu Apr 3, 3:45 - 4:30 pm; IM3SL06
Mon Mar 31 - Thu Apr 3, 5:30 - 6:15 pm; IM3SL07
Mon Apr 7 - Thu Apr 10, 3:45 - 4:30 pm; IM3SL08

Mon Apr 7 - Thu Apr 10, 5:30 - 6:15 pm; IM3SL09
Mon Apr 14 - Thu Apr 17, 3:45 - 4:30 pm; IM3SL10
Mon Apr 14 - Thu Apr 17, 4:45 - 5:30 pm; IM3SL11
Mon Apr 14 - Thu Apr 17, 5:30 - 6:15 pm; IM3SL12
Mon May 12 - Thu May 15, 3:45 - 4:30 pm; IM3SL13
Mon May 19 - Thu May 22, 3:45 - 4:30 pm; IM3SL14
Mon May 19 - Thu May 22, 5:30 - 6:15 pm; IM3SL15

Spring Intermediate 4 Swim Lessons - \$69, 4 Sessions per course

Swimming underwater, perfecting kicks, various strokes for longer distances, changing direction, surface dive, survival float, back float, and building endurance.

Mon Mar 24 - Thu Mar 27, 3:45 - 4:30 pm; IM4SL01
Mon Mar 24 - Thu Mar 27, 5:30 - 6:15 pm; IM4SL02
Mon Apr 7 - Thu Apr 10, 3:45 - 4:30 pm; IM4SL03
Mon Apr 7 - Thu Apr 10, 5:30 - 6:15 pm; IM4SL04
Mon Apr 14 - Thu Apr 17, 3:45 - 4:30 pm; IM4SL05

Mon Apr 14 - Thu Apr 17, 5:30 - 6:15 pm; IM4SL06
Mon Apr 28 - Thu May 1, 5:30 - 6:15 pm; IM4SL07
Mon May 5 - Thu May 8, 3:45 - 4:30 pm; IM4SL08
Mon May 5 - Thu May 8, 5:30 - 6:15 pm; IM4SL09
Mon May 19 - Thu May 22, 5:30 - 6:15 pm; IM4SL10

Spring Advanced 5/6 Swim Lessons - \$69, 4 Sessions per course

Advanced skills including longer distances for kicks and strokes, flip turns, diving from starting blocks, using swim equipment, a 6-minute swim incorporating all strokes, treading water, survival float.

Mon May 12 - Thu May 15, 3:45 - 4:30 pm; A56SL01

Mon May 19 - Thu May 22, 3:45 - 4:30 pm; A56SL02

Spring Preschool 1 Swim Lessons - \$69, 4 Sessions per course

Water entry, breath control, front and back floating, gliding, rolling, flutter kick, whip kick, elementary backstroke, freestyle, backstroke, treading water, orientation to deep water, and safety.

Mon Mar 10 - Thu Mar 13, 3:45 - 4:30 pm; PK1SL01

Mon Apr 14 - Thu Apr 17, 3:45 - 4:30 pm; PK1SL03

Mon Mar 31 - Thu Apr 3, 3:45 - 4:30 pm; PK1SL02

Mon Apr 28 - Thu May 1, 5:30 - 6:15 pm; PK1SL04

Spring Preschool 2 Swim Lessons - \$69, 4 Sessions per course

Building on Preschool 1 skills with a focus on depth and perfecting individual skills.

Mon Mar 17 - Thu Mar 20, 3:45 - 4:30 pm; PK2SL01

Mon Apr 14 - Thu Apr 17, 5:45 - 6:30 pm; PK2SL03

Mon Mar 31 - Thu Apr 3, 5:30 - 6:15 pm; PK2SL02

Mon Apr 28 - Thu May 1, 3:45 - 4:30 pm; PK2SL04

Mon May 12 - Thu May 15, 3:45 - 4:30 pm; PK2SL05

Spring Private Swim Lessons - \$89, 4 Sessions per course

Private lessons, for children ages 5 and up, offer personalized instruction tailored to individual goals. Ideal for kids needing extra help with specific swimming skills, lessons are customized by the instructor, participant, and parents to meet those goals, providing focused, one-on-one attention.

Mon Mar 10 - Thu Mar 13, 4:45 - 5:15 pm; PSL07

Mon Apr 14 - Thu Apr 17, 4:45 - 5:15 pm; PSL39

Mon Mar 10 - Thu Mar 13, 4:45 - 5:15 pm; PSL08

Mon Apr 14 - Thu Apr 17, 6:30 - 7:00 pm; PSL40

Mon Mar 10 - Thu Mar 13, 4:45 - 5:15 pm; PSL09

Mon Apr 14 - Thu Apr 17, 6:30 - 7:00 pm; PSL41

Mon Mar 10 - Thu Mar 13, 5:30 - 6:00 pm; PSL10

Mon Apr 14 - Thu Apr 17, 6:30 - 7:00 pm; PSL42

Mon Mar 10 - Thu Mar 13, 5:30 - 6:00 pm; PSL11

Mon Apr 28 - Thu May 1, 4:45 - 5:15 pm; PSL43

Mon Mar 10 - Thu Mar 13, 5:30 - 6:00 pm; PSL12

Mon Apr 28 - Thu May 1, 4:45 - 5:15 pm; PSL44

Mon Mar 17 - Thu Mar 20, 4:45 - 5:15 pm; PSL13

Mon Apr 28 - Thu May 1, 4:45 - 5:15 pm; PSL45

Mon Mar 17 - Thu Mar 20, 4:45 - 5:15 pm; PSL14

Mon Apr 28 - Thu May 1, 6:30 - 7:00 pm; PSL46

Mon Mar 17 - Thu Mar 20, 4:45 - 5:15 pm; PSL15

Mon Apr 28 - Thu May 1, 6:30 - 7:00 pm; PSL47

Mon Mar 17 - Thu Mar 20, 6:30 - 7:00 pm; PSL16

Mon Apr 28 - Thu May 1, 6:30 - 7:00 pm; PSL48

Mon Mar 17 - Thu Mar 20, 6:30 - 7:00 pm; PSL17

Mon May 5 - Thu May 8, 4:45 - 5:15 pm; PSL49

Mon Mar 17 - Thu Mar 20, 6:30 - 7:00 pm; PSL18

Mon May 5 - Thu May 8, 4:45 - 5:15 pm; PSL50

Mon Mar 24 - Thu Mar 27, 4:45 - 5:15 pm; PSL19

Mon May 5 - Thu May 8, 4:45 - 5:15 pm; PSL51

Mon Mar 24 - Thu Mar 27, 4:45 - 5:15 pm; PSL20

Mon May 5 - Thu May 8, 4:45 - 5:15 pm; PSL52

Mon Mar 24 - Thu Mar 27, 4:45 - 5:15 pm; PSL21

Mon May 5 - Thu May 8, 6:30 - 7:00 pm; PSL53

Mon Mar 24 - Thu Mar 27, 6:30 - 7:00 pm; PSL22

Mon May 5 - Thu May 8, 6:30 - 7:00 pm; PSL54

Mon Mar 24 - Thu Mar 27, 6:30 - 7:00 pm; PSL23

Mon May 5 - Thu May 8, 6:30 - 7:00 pm; PSL55

Mon Mar 24 - Thu Mar 27, 6:30 - 7:00 pm; PSL24

Mon May 5 - Thu May 8, 6:30 - 7:00 pm; PSL56

Mon Mar 31 - Thu Apr 3, 4:45 - 5:15 pm; PSL25

Mon May 12 - Thu May 15, 4:45 - 5:15 pm; PSL57

Mon Mar 31 - Thu Apr 3, 4:45 - 5:15 pm; PSL26

Mon May 12 - Thu May 15, 4:45 - 5:15 pm; PSL58

Mon Mar 31 - Thu Apr 3, 4:45 - 5:15 pm; PSL27

Mon May 12 - Thu May 15, 4:45 - 5:15 pm; PSL59

Mon Mar 31 - Thu Apr 3, 6:30 - 7:00 pm; PSL28

Mon May 12 - Thu May 15, 4:45 - 5:15 pm; PSL60

Mon Mar 31 - Thu Apr 3, 6:30 - 7:00 pm; PSL29

Mon May 12 - Thu May 15, 6:30 - 7:00 pm; PSL61

Mon Mar 31 - Thu Apr 3, 6:30 - 7:00 pm; PSL30

Mon May 12 - Thu May 15, 6:30 - 7:00 pm; PSL62

Mon Apr 7 - Thu Apr 10, 4:45 - 5:15 pm; PSL31

Mon May 12 - Thu May 15, 6:30 - 7:00 pm; PSL63

Mon Apr 7 - Thu Apr 10, 4:45 - 5:15 pm; PSL32

Mon May 19 - Thu May 22, 4:45 - 5:15 pm; PSL64

Mon Apr 7 - Thu Apr 10, 4:45 - 5:15 pm; PSL33

Mon May 19 - Thu May 22, 4:45 - 5:15 pm; PSL65

Mon Apr 7 - Thu Apr 10, 6:30 - 7:00 pm; PSL34

Mon May 19 - Thu May 22, 4:45 - 5:15 pm; PSL66

Mon Apr 7 - Thu Apr 10, 6:30 - 7:00 pm; PSL35

Mon May 19 - Thu May 22, 4:45 - 5:15 pm; PSL67

Mon Apr 7 - Thu Apr 10, 6:30 - 7:00 pm; PSL36

Mon May 19 - Thu May 22, 6:30 - 7:00 pm; PSL68

Mon Apr 14 - Thu Apr 17, 4:45 - 5:15 pm; PSL37

Mon May 19 - Thu May 22, 6:30 - 7:00 pm; PSL69

Mon Apr 14 - Thu Apr 17, 4:45 - 5:15 pm; PSL38

Mon May 19 - Thu May 22, 6:30 - 7:00 pm; PSL70