SEPTEMBER-OCTOBER 2026
COMMUNITY EDUCATION

AMHERST TigerSharks SWIM CLUB

Learn to Swim

30-minute lesson - Windermere Elementary School Pool
Sept. 17 (Thursday), Sept. 22 (Tuesday), Oct. 1 (Thursday)
Oct. 8 (Thursday), Oct. 13 (Tuesday), Oct 22 (Thursday)

1:4 instructor:student ratio
Instruction provided by Amherst TigerSharks Swim Club. All instructors are Red Cross Lifeguard, CPR, AED and First Aid Certified. Program Leader: Mike Giancarlo.

Earn Your Stripes !!

1 Stripe
(Registration Code: LTS1)

- Enter water feet first assisted
- Blow bubbles at surface
- Submerge Shoulders
- Submerge completely
- Back & front float assisted
- Back & front glide streamline assisted
- Kick on back and front assisted

5:30 - 6 p.m.

$150

Ages 4-12

No Swim Diapers Allowed

All Registration & Payment is Online

No Refunds Issued for this Class

2 Stripes
(Registration Code: LTS2)

(Child is ready for "2 stripes" class if they can complete all "1 stripe" class skills)

- Enter water feet first assisted
- Bob with rhythmic breathing
- Back & front float for 3 seconds
- Submerge & pickup object from pool bottom
- Back & side glide streamline assisted
- Front glide steamlined
- Kicking with board; push/glide/kick on front & back
- Jump into deep water assisted

5:30 - 6 p.m.

3 Stripes
(Registration Code: LTS3)

(Child is ready for "3 stripes" class if they can complete all "2 stripe" skills)

- Rhythmic breathing to side 5x
- Roll over float & glides, front & back
- Jump into deep water
- Flutter kick - 15 yards
- Backstroke & front crawl basics, then 5 yards
- Sculling assisted
- Dolphin like kick, frog kick assisted
- Swim 15 yards

6:10-6:40 p.m.

4 Stripes
(Registration Code: LTS4)

(Child is ready for "4 stripes" class if they can complete all "3 stripe" skills)

- Tread water 15 seconds
- Flutter kick with board -20 yards
- Backstroke & front crawl - 20 yards
- Whip kick with board - 10 yards
- Breaststroke arm movement
- Dolphin kick, 10 yards
- Sitting dive
- Sculling, 5 yards assisted

6:10-6:40 p.m.

Questions?
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Refer to the Community Ed. webpage, www.amherstschools.org