



Fall Swimming Group Lessons



WHAT: Lessons (ages 4-12)



NOVEMBER SESSION:

Sat Nov 7th, Sun Nov 8th, Sat Nov 14th and Sun Nov 15th



Level 1 – 1:00 - 1:30pm

Level 2 – 1:40 - 2:10pm

Levels 3 and 4 from 2:20pm – 2:50 pm



WHERE: CM High School Pool- 314 Elm St. Ext. Canonsburg



ONLINE REGISTRATION and payment, www.peaqpgh.org. 4 LESSONS, 30 minutes
COST: \$120 - REGISTRATION IS NOW OPEN!



Click on “Swim School” then “Swim Lessons @ CM”

What to expect:

Our lessons focus on water safety, proper technique, and skill development. Each session includes 4 lessons and is taught by certified instructors, with support from experienced members of our swim club. We pride ourselves on maintaining a low student-to-teacher ratio, so every swimmer gets the attention they need.

- **Level 1** - Comfortable in water; Comfortable with light splashing/water in face.
- **Level 2** - Puts head underwater; Blows bubbles submerged underwater; Comfortable floating on back and face.
- **Level 3** - Blows bubbles with face in water while kicking on wall; Swims to instructor with face in water; Kicks back to wall with aid from instructor. Streamline, push off and use arms to move forward.
- **Level 4** - Swims freestyle with rhythmic breathing; swims freestyle to flags and back. Kicks on front and back starting themselves; Sitting dive or jump and swim back to the wall.



Contact: Coach Royce with questions @ Coachroyce@peaqpgh.org