

Class Schedule

AM Classes	Name of Class
9:00 - 9:30	Pre - K
9:00 - 9:30	Level 1
9:00 - 9:30	Level 2
9:00 - 9:30	Level 3
9:00 - 9:30	Level 4
9:00 - 9:30	Level 5
9:45 - 10:15	Pre - K
9:45 - 10:15	Pre-K Adv.
9:45 - 10:15	Level 1
9:45 - 10:15	Level 2
9:45 - 10:15	Level 3
10:30 - 11:00	Parent - Tot/child
10:30 - 11:00	Pre - K
10:30 - 11:00	Level 1
10:30 - 11:00	Level 2
10:30 - 11:00	Level 3
10:30 - 11:00	Adult Swim
11:00 - 12:00	Junior Lifeguard
PM Classes	Name of Class
6:00 - 6:30	Parent - Tot/child
6:00 - 6:30	Pre - K
6:00 - 6:30	Level 1
6:00 - 6:30	Level 2
6:00 - 6:30	Level - 3
6:45 - 7:15	Pre-K
6:45 - 7:15	Pre - K Adv.
6:45 - 7:15	Level 1
6:45 - 7:15	Level 2
6:45 - 7:15	Level 3
7:30 - 8:00	Level 1
7:30 - 8:00	Level 2
7:30 - 8:00	Level 3
7:30 - 8:00	Level 4
7:30 - 8:00	Level 5
7:30 - 8:00	Adult

Longfellow's Whales Tales



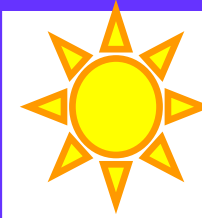
Bad Weather Policy:

In all cases, swimming is not allowed during severe weather warnings or when lighting has been seen.

If the described weather exists prior to the swim lesson, daily pool opening, or water aerobics, the pool shall remain closed until bad weather passes. Should the threatening weather come after opening, all swimmers will be required to leave the pool area and seek temporary shelter until swimming can resume. (Learn-to-Swim – may use this time to have a safety day)

Threatening weather conditions lasting longer than one (1) hour may warrant the closing of the pool for the day.

Due to the fact that weather is something that cannot be controlled, The City of Terrell does not issue rainchecks or refunds for weather.



2024 Summer Pool Season

Official Registration:

Terrellparksandrec.com

April 14- MAY 31

Ben Gill Park -City Municipal Swimming Pool

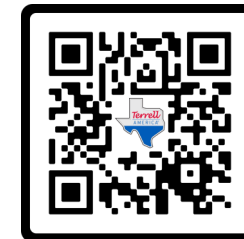
Online or In-Person

June 4-July 19

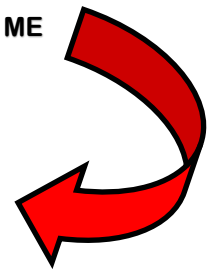
Ph. 972-551-6669

\$55 per student—6 classes

Tuesday – Friday



SCAN ME



CITY OF TERRELL
Learn-to-Swim

Please Register ONLINE at
Terrellparksandrec.com

www.cityofterrell.org

Learn-to-Swim **\$55.00 per student** Sign-up online: terrellparksandrec.com

Session Schedule

Session 1	Session 2	Session 3	Session 4
Tuesday – Friday	Tuesday – Friday	Tuesday – Friday	Tuesday – Friday
June 4 - June 14	June 18 - June 28	July 9 – July 19	July 23 – August 2

Swimming Levels

Parent Tot

Age 6mos–3yrs. Adult is in the pool with the child. This level is to get the child use to the water and help parents understand the child and water safety.

Pre-K

Ages 3-4 intro to water, water safety and basic skills to their level.

Pre-K Advance

Ages 5-6 who have passed Pre-K. This class further teaches basic water skills to move to next level.

LEVEL 1: INTRODUCTION TO WATER SKILLS

Helps participants feel comfortable in the water.

- Enter and exit water using ladder, steps or side
- Blow bubbles through mouth & nose
- Bobbing
- Open eyes under water and retrieve submerged objects
- Front & back glides and back float
- Recover to vertical position
- Roll from front to back and back to front
- Tread water using arm and hand actions
- Alternating and simultaneous leg & arm actions on front and back
- Plus age-appropriate water safety topics

LEVEL 2: FUNDAMENTAL AQUATIC SKILLS

Gives participants success with fundamental skills

- Enter and exit water using ladder, steps or side
- Fully submerge and hold breath
- Bobbing
- Open eyes under water & retrieve submerged objects
- Front, jellyfish & tuck floats
- Front & back glides and back float
- Recover to vertical position
- Roll from front to back and back to front
- Change direction while swimming on front or back
- Tread water using arm and leg actions
- Combine arm & leg action on front & back
- Finning arm action on back
- Plus age-appropriate water safety topics

LEVEL 3: STROKE DEVELOPMENT

Builds on skills with **Introduction into deeper water.**

- Enter water by jumping from the side
- Headfirst entries from side in sitting & kneeling positions
- Bobbing while moving toward safety
- Rotary breathing
- Survival float & back float
- Change from vertical to horizontal on front & back
- Tread water
- Flutter, dolphin and scissor kicks
- Front crawl and elementary backstroke
- Plus age-appropriate water safety topics

LEVEL 4: STROKE IMPROVEMENT

Develops confidence and improves skills

Practice in deeper water.

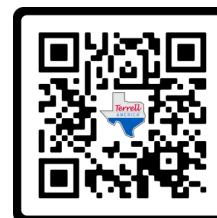
- Headfirst entries from side in compact & stride positions
- Swim under water
- Feet first surface dive
- Survival swimming
- Front crawl and backstroke open turns
- Tread water using 2 different kicks
- Front & back crawl, elementary backstroke, breaststroke, sidestroke and butterfly
- Flutter and dolphin kicks on back

LEVEL 5: STROKE IMPROVEMENT

Develops confidence and improves skills.

Practice in deeper water.

- Shallow-angle dive from the side
- Tread water
- Tuck and pike surface dives, submerge completely
- Front flip turn and backstroke flip turn while swimming
- Front & back crawl, elementary backstroke, breaststroke, sidestroke and butterfly
- Standard scull



Students are placed into a class when payment is received, pending class availability. Classes fill fast, so please enroll early!