

2024 AVOCA GROUP SWIM LESSONS - \$60 each session

City of Avoca Lifeguards will be offering group **swim lessons only for one week for the 2024 Season with 3 session times available**. Instructors will teach a variety of strokes, including the front crawls, back crawl, elementary backstroke, breaststroke, and sidestroke. They will also introduce a wide range of personal safety skills.

Avoca Aquatic Center will be offered **Monday through Friday, July 8-12TH**. In case of bad weather, listen to KNOD, 105.3 Harlan for cancellations.

There will not be a make up day if a day is cancelled.

JULY WEEK

July 8th through 12th (30 minutes in length.)

_____ 9:30 - 10:00	1 st session	Only Levels 1-3
_____ 10:15 – 10:45	2 nd session	Only Levels 1-3
_____ 11 – 11:30	3 rd session	Only Levels 1-3

OUR GROUP LESSONS WILL NOT BE CERTIFIED AS RED CROSS; HOWEVER, WE WILL BE FOLLOWING THE RECOMMENDED GUIDELINES FOR THE SUGGESTED LEVELS.

Following is a brief description of each level:

_____ **Level 1-** Blow bubbles, Supported float, Support Kick, submerge mouth, nose and eyes, Support swimming on front and back for 5 feet.

_____ **Level II-** Unsupported Float/Glide on front and back, perform flutter kick on front and back, submerge to retrieve object, tread water, explore deep water with floatation.

_____ **Level III-** 15 bobs in chest deep water, back crawl & elementary backstroke 10 yards, front crawl, butterfly kick and body motion, tread water, and dive from side.

\$60 EACH SESSION - Please fill out information below, circle appropriate time and mark level for your child. Please return signup sheet and payment to **City of Avoca, PO Box 246, Avoca, IA 51521** or drop it off at the pool by **Monday, July 1.**

Payable to The City of Avoca:

CHILD'S Name: _____

PARENT'S Name: _____

PARENT Number: _____