

## **FOR WHAT LEVEL should I register my child?**

### **Is your child mature enough to participate in this group learning activity?**

Is he/she able to:

*Sit on the side of the pool and not run away?*

*Wait for his or her turn?*

*Work comfortably with someone that he/she may consider a stranger?*

*(Is he/she SOCIALLY READY?)*

**If no, then consider private lessons, waiting until your child is ready, and/or please consult with one of our instructors.**

**If yes to all, then consider the following options.**

### **Level 1: Introduction to Water Skills**

(1 week session) Recommended for ages 3 – 5

This course will introduce students to basic skills such as:

- Entering/exiting the pool safely using the ladder, steps, or side
- Blowing bubbles through the mouth and nose
- Bobbing
- Opening the eyes underwater and retrieving objects

#### ➤ **While supported by instructor:**

- Basic floating positions (front and back)
- Front and back glides, recovery to standing position
- Roll from front to back, back to front
- Tread with arm and hand action
- Exploring different arm and leg movements

If your child can/will perform these skills and is comfortable working with an adult that is probably a stranger, then

**go to ..... Level 2**

### **Level 2: Fundamental Aquatic Skills**

(1 week session) Recommended for ages 4 - 6

This course will introduce students to basic skills such as:

- Entering the water by stepping or jumping from the side
- Exiting the water safely using ladder or side
- Bobbing (submerging entire head)
- Opening eyes to retrieve an object

#### ➤ **Without support from instructor:**

- Front and back floats and glides
- Recover to a vertical position
- Rolling from front to back, back to front
- Tread water using arm and leg action
- Basic arm and leg motions for swimming on front and back (alternate and simultaneous arm and leg action)

If your child can/will perform these skills without support and is comfortable working with an adult that is probably a stranger, then

**go to ..... Level 3**

### **Level 3: Stroke Development**

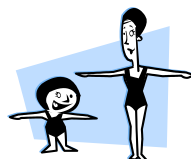
(2 weeks session) Recommended for ages 5 – 8

This course will introduce students to:

- Jumping into deep water from the side
- Bobbing while moving towards safety
- Rotary breathing
- Survival and back float, change from vertical to horizontal position
- Treading water
- Flutter, scissor, dolphin and breaststroke kicks on front
- Front crawl and elementary backstroke

If your child can perform these skills without support, then

**go to .....Level 4**



### **Level 4: Stroke Improvement**

(2 weeks session) Recommended for ages 7 and up

This course will introduce students to and/or refine:

- Swimming underwater
- Feet first surface dive
- Survival swimming
- Front crawl and backstroke open turns
- Treading water using 2 different kicks
- Flutter and dolphin kicks on back
- Front crawl and elementary backstroke –better form than Level 3
- Back crawl, breaststroke, sidestroke, butterfly

If your child can perform these skills, then

**go to ..... Jr. Lifeguard**

**Levels 1 – 4 are conducted in accordance with the  
American Red Cross Learn to Swim Program standards  
by certified Water Safety Instructors.**

**Check out our year-round Scuba classes  
and June 14 & July 12 Mermaid Camps**



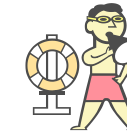
*see separate flyers*

**This brochure available on [www.fbfl.us](http://www.fbfl.us)**

*Call 904-310-3350 x 1 to register over the phone,  
or register online at [www.cofbparksandrec.us](http://www.cofbparksandrec.us)*

## **Special Programs**

*Bring lunch; water, transportation, admission(s) provided*



### **Junior Lifeguard Exploration**

(1 week session, 9am - 4pm) Recommended for ages 9-13

Minimum skill level:

- Participants must be able to swim 25 yards (1 full length of the pool) unassisted and tread water for 2 minutes.

This course explores several lifeguarding environments, including pool, beach, water park, and river. Fitness requirements, water quality, maintenance duties, professionalism, public relations, sun safety, ecology, and more will be discussed and practiced, all while learning personal water safety skills and basic rescue techniques.

- Classroom and water sessions: pools, beach, waterpark, and river!
- Both the Atlantic and MLK Pools will be used, and waterpark/river trips will be off-site. Extended day for the river tubing trip will be announced.



### **Ocean Beach Junior Lifeguard**

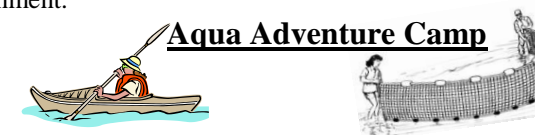
(1 week session, 9am – 4pm) Recommended for ages 10-15

Minimum skill level:

- Participants must be able to swim 50 yards (2 pool lengths) proficiently, using front crawl and/or breaststroke, swim 10 yards underwater, and tread water for 3 minutes.

Mentored by an experienced Ocean Rescue professional in a team building environment, this program emphasizes physical fitness and personal safety and explores ocean aquatic safety techniques, introductory CPR skills and beach ecology. This program is primarily held at Main Beach in an ocean environment.

### **Aqua Adventure Camp**



(July 1,2,3,5, 9am – 4pm) Recommended for ages 10-15; adults welcomed

Facilitated by an experienced aquatic science educator, participants will participate in daily educational excursions to several of north Florida's aquatic communities. Seining, kayaking, tubing, beachcombing, and a museum tour are some of the scheduled activities (subject to change).

### Aquatics Fees:

Levels 1, 2 (1 week):  
\$45 city resident/ \$56 non-city resident

Levels 3, 4 (2 weeks):  
\$65 city resident/ \$81 non-city resident

Jr. Lifeguard Programs (5 days):  
\$150 city resident/ \$187 non-city resident

Aqua Adventure Camp (4 days):  
\$159 city resident/ \$199 non-city resident

*In-person fees payable via cash, check, credit card  
Register online at [www.cofbparksandrec.us](http://www.cofbparksandrec.us)  
(pre-requisites may apply)  
Call 904-310-3350 x 1 to register over the phone*

**\*All swimming lessons sessions are Monday – Friday.**

**\* Morning swimming lessons sessions will be held at the Atlantic Recreation Center, 2500 Atlantic Ave., and evening sessions will be held at the Martin Luther King, Jr. Recreation Center, 1200 Elm St.**

**\*No rain cancellations; indoor water safety activities will be substituted.**

**\*NO REFUNDS ISSUED.**

**Accommodations may be made in future session with valid medical excuse if space permits.**

**\*Swimming lessons registration is limited to ONE session until the current session is completed.**

### **WHAT SHOULD MY CHILD BRING or WEAR TO SWIMMING LESSONS?**

A bathing suit that is not overly baggy or loose, and securely fastened, so as not to interfere with motion in the water.

A dry towel.

Goggles are recommended but optional.

Long hair should be secured so as not to cover the eyes, nose or mouth.

Hair ties or a bathing cap are recommended.

Sunscreen should be applied at least 30 minutes BEFORE entering the pool for maximum sun protection and minimal impact on our pool's cleanliness.

A good attitude. Try to ensure that your child gets plenty of sleep each night and talk to him/her about what he/she learns each day.

## Summer 2019 Swimming Lessons Schedule

**Morning Lessons – Atlantic Center, Evening Lessons – MLK Center**

### Session 1: Tuesday, May 28 – Friday, June 7

No class on Memorial Day; 5 minutes have been added to L3&4 classes

1A	8:00am – 8:50am	Level 4
1B	8:30am – 9:15am	Level 3
1C	9:15am – 9:45am	Levels 1&2 (2 <sup>nd</sup> week only)

### Session 2: Monday, June 10 – Friday, June 21

2A	8:30am – 9:10am	Level 3
2B	9:15am – 9:45am	Levels 1&2 (1 <sup>st</sup> week only)
2C	9:15am – 9:45am	Levels 1&2 (2 <sup>nd</sup> week only)
2D	6:15pm – 6:45pm	Level 1 (2 <sup>nd</sup> week only)
2E	7:00pm – 7:30pm	Level 2 (2 <sup>nd</sup> week only)

### Session 3: Monday, June 24 – Friday, July 5

No class on July 4<sup>th</sup>; 5 minutes have been added to L3&4 classes

3A	8:00am – 8:50am	Level 4
3B	8:30am – 9:15am	Level 3
3C	9:15am – 9:45am	Levels 1&2 (1 <sup>st</sup> week only)

### Session 4: Monday, July 8 – Friday, July 19

4A	8:30am – 9:10am	Level 3
4B	9:15am – 9:45am	Levels 1&2 (1 <sup>st</sup> week only)
4C	9:15am – 9:45am	Levels 1&2 (2 <sup>nd</sup> week only)
4D	6:15pm – 6:45pm	Level 1 (1 <sup>st</sup> week only)
4E	7:00pm – 7:35pm	Level 2 (1 <sup>st</sup> week only)

### Session 5: Monday, July 22 – Friday, August 2

5A	8:00am – 8:45am	Level 4
5B	8:30am – 9:10am	Level 3
5C	9:15am – 9:45am	Levels 1&2 (1 <sup>st</sup> week only)
5D	9:15am – 9:45am	Levels 1&2 (2 <sup>nd</sup> week only)

### Jr. Lifeguard Programs Schedule

*\*See minimum swimming ability pre-requisites*

#### **Exploration Program (pool, beach, waterpark, river)**

**9am-4pm For 9-13 year olds**

Class 1A: June 17 - June 21

Class 2A: July 22 - July 26

#### **Beach Program (ocean beach)**

**9am – 4pm For 10-15 year olds**

Class 1B: June 10 - June 14

Class 2B: June 24 - June 28

Class 3B: July 8 - July 12

Class 4B: July 29 - August 2

### Aqua Adventure Camp Schedule (daily off-site adventures)

**For 10-15 year olds (adults welcomed!)**

One session: July 1, 2, 3, 5



# Summer 2019



at the  
Atlantic Center and MLK Center Pools

2500 Atlantic Avenue and 1200 Elm St.

and  
Jr. Guard/Aqua Camp Programs



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