

Level 6 continued

more advanced courses like Water Safety Instructor, Lifeguarding or competitive swimming for diving. Each advanced level requires the students to swim 500 yards continuously using any 3 strokes, and swimming at least 50 yards with each stroke. Fundamentals of diving will only be offered at those pool facilities equipped with a diving board and a minimum pool depth of 10 feet.

- Classes are based by skill. Age group is suggested. Classes may be combined or cancelled.

An extra day is included in class schedule for inclement weather, etc.

NO REFUNDS.



www.co.greene.pa.us

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Please place
postage
here.

Greene County Commissioners
Blair Zimmerman, Dave Coder, Archie Trader

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Waynesburg, Pa 15370
The Cornerstone of the Keystone State
www.co.greene.pa.us
724-852-5210

Department of Recreation

J. Allen (Jake) Blaker, Director
107 Fairgrounds Road
Waynesburg, PA 15370

724-852-5323





Swim Lessons



Department of Recreation

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Greene County Water Park
200 Roy Furman Highway
Waynesburg, PA
724-852-5323

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Carmichaels Pool
355 Ceylon Road
Carmichaels
724-852-5323



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Office: 107 Fairgrounds Road

Waynesburg, PA 15370

Telephone: 724-852-5323

Class Levels

Parent and Child Aquatics

Orients parents and children ages 6 mos-3yrs to the water. Parents learn to safely and appropriately hold child in the water and to encourage the child to participate in basic skills. Child must wear swim pant. No diapers. Parent must accompany child in water.

Pre-school Aquatics

Ages 4-5. Learn to independently enter the water, travel 5 yards, submerge mouth and blow bubbles, glide on front and roll to back. Float on back without support. Coordinate combined arm and leg and alternating arm and leg actions. Step from side of pool into chest deep water. Alternate between front and back floats, push off from side of pool and swim using arm and leg action.

Level 1

Introduction to Water Skills-Enter independently using ladder, side or steps. Learn to "bob" safely in the water, glide on front and roll to back. Float on back and recover to vertical position.

Level 2

Fundamental Aquatic Skills-Learn to float without support. Step from side into chest deep water. Push off and swim using combined arm and leg actions on front for 5 body lengths, roll to back, float for 15 seconds, roll to front then continue swimming for 5 body lengths.

Level 3

Stroke Development-Participants learn survival float, elementary backstroke and to coordinate to the front crawl. Introduced to scissors kick, dolphin kick and fundamentals of treading water.

Level 4

Stroke Improvement-Improve skill and increase endurance by swimming familiar strokes (front crawl, elementary backstroke) greater distances. Build upon scissor and dolphin kicks by adding arm movements for sidestroke and butterfly. Introduced to the back crawl, breaststroke and the basics of turning at a wall.

Level 5

Stroke Refinement-Coordinate and refine strokes (front crawl, back crawl, butterfly, breaststroke, elementary backstroke and sidestroke) and increase distances. Introduced to front and back flip turns.

Level 6

Swimming and Skill Proficiency-Refines strokes so students swim with more ease, efficiency, power and smoothness over greater distances. The three sub-levels, Personal Water Safety, Fundamentals of Diving, and Fitness Swimmer, focus on preparing participant for

