

Swim Lessons

The City of Dearborn Recreation Department offers a swimming lesson program called the Learn to Swim Program. The class ratio is one instructor per six students. Classes are held at Ford Community & Performing Arts Center for fall, winter and spring sessions. The classes offered are as follows:

Parent and Tot – (Ages 6 months – 3 years) Parent must accompany child in the water. Learn basic water skills, how to hold the child, water acclimation, and safety skills.

Tadpoles – (Ages 3 years – 5 years) Students learn basic water skills, water acclimation, and safety skills and rules, on their own.

Sea Shells – (Beginner and Ages 6 and up) Students learn basic water skills, floating, submerging, breath holding, and safety skills and rules.

Sea Horses – (Beginner) Students learn front crawl stroke (freestyle), how to use a kickboard, jumping in, safety skills and rules.

Sunfish-Students improve on front crawl stroke/freestyle with an emphasis on the kicking, breathing and arm stroke techniques. Safety skills, recovery after falling in deep water and water safety tips.

Sting Rays – (Intermediate Beginner) Students review and improve on front crawl, learn backstroke, introduced to deeper water and safety skills and rules.

Barracudas – (Advanced beginner) Students review backstroke and front crawl skills, large emphasis on safety, how to dive, and by the end of class they should be able to swim 25 yards of front crawl.

Dolphins – (Intermediate) Students review strokes; learn elementary backstroke, breaststroke, and underwater swimming.

Seals – (Intermediate) Students learn sidestroke, starts and turns, distance swimming, and backstroke.

Adult 1 – Class is designed for adults who have mild to severe fear of water. The class focuses on water acclimation, body movements and beginning of stroke technique. Safety skills and rules are also included.



Dearborn Recreation & Parks

2012 Spring/Summer SWIM LESSONS

Session 5: 3/26/12-5/2/12

Session 6: 5/7/12-6/11/12

Skip Days

Monday-Wednesday: April 9 and 11

Tuesday-Thursday: April 10 and 12

Saturday: April 7, 14 and May 26

361003	Leisure Pool	MON/WED
-01 Session 5 -53 Session 6	Parent/Tot	4:00-4:30
-07 Session 5 -56 Session 6	Tadpole	4:00-4:30
-08 Session 5 -58 Session 6	Tadpole	5:20-5:50
-14 Session 5 -59 Session 6	Seashell	4:00-4:30
-15 Session 5 -60 Session 6	Cancelled Seashell	----- 4:40-5:10
-16 Session 5 -61 Session 6	Seashell	5:20-5:50
-22 Session 5 -64 Session 6	Seahorse	4:40-5:10
-23 Session 5 -65 Session 6	Seahorse	5:20-5:50
-31 Session 5 -69 Session 6	Sunfish	4:40-5:10

**CLASS SIZE LIMITED TO
6 PARTICIPANTS**

Saturday morning classes available
3/31/12-6/23/12

361003	Lap Pool	TUES/THURS
-17 Session 5 -62 Session 6	Seashell	5:00-5:30
-18 Session 5 -63 Session 6	Seashell	5:40-6:10
-24 Session 5 -66 Session 6	Cancelled Seahorse	----- 5:00-5:30
-25 Session 5 -67 Session 6	Seahorse	5:40-6:10
-32 Session 5 -71 Session 6	Sunfish	5:00-5:30
-33 Session 5 -72 Session 6	Cancelled Sunfish	----- 5:40-6:10
-34 Session 5 -73 Session 6	Sunfish	6:20-6:50
-37 Session 5 -75 Session 6	Stingray	5:00-5:30
-38 Session 5 -76 Session 6	Cancelled Stingray	----- 6:20-6:50
-42 Session 5 -78 Session 6	Barracuda	5:40-6:10
-47 Session 5 -82 Session 6	Dolphin	6:20-6:50
-50 Session 5 -85 Session 6	Seal	6:20-6:50
-27 Session 5 -68 Session 6	Adult	7:00-7:30

361003		SATURDAY
-02	Parent/Tot	9:45-10:15
-03	Parent/Tot	10:30-11:00
-04	Parent/Tot	11:15-11:45
-09	Tadpole	9:00-9:30
-10	Seahorse	9:45-10:15
-11	Tadpole	10:30-11:00
-12	Tadpole	11:15-11:45
-19	Seashell	9:00-9:30
-20	Seashell	9:45-10:15
-21	Seashell	11:15-11:45
-26	Seahorse	9:00-9:30
-35	Sunfish	9:00-9:30
-36	Sunfish	10:30-11:00
-39	Stingray	9:45-10:15
-40	Stingray	11:15-11:45
-43	Barracuda	10:30-11:00

PASS HOLDER \$50
RESIDENT \$55
NON RESIDENT \$65