

2026 Swimming Lessons

Session 1: June 15-25

Session 2: July 20-30

Session 3: August 3-13

Monday-Thursday

\$25 per child (\$60 for 3, \$70 for 4)

Registration Due: Session 1 - June 5; Session 2 - July 10; Session-3 July 24
(limited space available in each session)

11:00-11:45	Pre-Level: (ages 2-5) Introduction to pool setting and learning to have fun in water with a group.
10:00-10:45	Level 1: (must be 6 years old and able to sit, listen, and follow instructions) Introduction to Water Skills: helps students feel comfortable in water and learn to enjoy the water safely.
11:00-11:45	Level 2: Fundamental Aquatic Skills: guide students' success with fundamental skills, learn to float without support, and start stroke technique.
10:00-10:45	Level 3: Stroke Development: students learn front and back crawl, introduce elementary backstroke, and treading water.
11:00-11:45	Level 4: Stroke Improvement: develop confidence in strokes and improve other fundamental skills; introduce breaststroke, side stroke, and wall turns.

Students can be moved up or down a level depending on their fundamental skill set

Swimming Lesson Registration

Session:_____ Swimming Level:_____ Time:_____

Child Name:_____ Age:_____

Mailing Address:_____

City:_____ State:_____ Zip Code:_____

Parent Name:_____ Phone #:_____

*****Make checks payable to Sterling Rec Commission or SRC.**

Return registration with money to pool on or before the start of your session.

Questions: call Sarah at 620.278.6016***