

PALOUSE SWIMMING LESSONS

MAKE A SPLASH THIS SUMMER

Whitman County Public Health is providing funds for FREE swim lessons for children ages 0–17 in our rural communities.

Session Dates

MONDAY – FRIDAY

July 15th – 18th, 22nd – 24th & 26th

July 29th – August 8th

Call (509) 878-1811 for more details

Registration

Registration is open until all spots fill-up!

Walk in to City Hall or call (509) 878-1811 to register.

Info

LOCATION

Palouse Pool, Hayton-Greene Park, Palouse, WA

Check the Swim Level Guide to see which class to sign up for!

Private lessons are also available; call for more info.

(509) 878-1811



IN PARTNERSHIP WITH



Whitman County
Public Health



SWIM LEVEL GUIDE

Use this guide to determine your child's level for swim lessons.
Children must be at least 4 years old by the first day of lessons.

<p>LVL 1</p> <p>Water Adjustment</p>	<p>My child has little or no water experience.</p>
<p>LVL 2</p> <p>Body Position</p>	<p>To Register: My child can already:</p> <ul style="list-style-type: none"> • Go underwater willingly, with no hesitation. • Float assisted on front and back. • Follow directions. • Jump in, go underwater, and be caught. • Demonstrate comfort in the entire pool environment.
<p>LVL 3</p> <p>Mobility and Beginning Endurance</p>	<p>To Register: My child can already:</p> <ul style="list-style-type: none"> • Float and glide unassisted on front and back for 10 seconds. • Travel 15 feet using beginning paddling. • Demonstrate a streamline kick on front and back for 15 feet. • Jump in and recover to a back float.
<p>LVL 4</p> <p>Stroke Improvement</p>	<p>To Register: My child can already:</p> <ul style="list-style-type: none"> • Jump into deep water. • Float unassisted on back for 15 seconds. • Travel half the length of the pool (streamline kick with sculling arms). • Roll over unassisted and swim the remaining pool length (using a paddle stroke, streamline kick, and rhythmic breathing).
<p>LVL 5</p> <p>Stroke Perfection</p>	<p>To Register: My child can already:</p> <ul style="list-style-type: none"> • Perform consistent bilateral or rotary breathing. • Demonstrate over-arm recovery on the front and back. • Tread water for two minutes using any arm and kick pattern.
<p>LVL 6</p> <p>Advanced Stroke Kicks</p>	<p>To Register: My child can already:</p> <ul style="list-style-type: none"> • Swim 25 yards of front crawl with complete coordination, using rotary breathing and over-arm recovery. • Swim 25 yards of back crawl with complete coordination and over-arm recovery.