



**PARKS & RECREATION**

**Town of LaGrange Parks & Recreation Department**

120 Stringham Road

LaGrangeville, NY 12540

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**Changing Lives...Inspiring Play...Fostering Teamwork!**

**RED CROSS CERTIFIED SWIM INSTRUCTION INFORMATION  
AT FREEDOM LAKE - 2018**



First registration for LaGrange resident swim lessons is Wed, May 2nd from 6:30- 8:00pm at Town Hall. First date for eligible non-resident registration is May 16th from 6:30-8:00pm at Town Hall.

**Fees:** Resident without Freedom Lake pass: \$105.00 Resident with Freedom Lake season pass: \$65.00

Eligible non residents\*: +\$20 to fees. There is a multi-child discount for three or more children in family.

	SESSION 1 June 25 – July 6			SESSION 2 July 9 - July 20			SESSION 3 July 23 – Aug 3		
	11 am	12 pm	1 pm	11 am	12 pm	1 pm	11 am	12 pm	1 pm
<b>Pre-School</b> Ages 3-4 Level 1 & 2	XX	X		XX	X		XX		
<b>Level I</b> Intro to Water Skills Non Swimmer 5 & up		XX		XX			XX	X	
<b>Level II</b> Fundamental Skills Ages 5 & up	XX		XX		XX	X		XX	
<b>Level III</b> Stroke Development		X	XX	X	X	XX		XX	XX
<b>Level IV</b> Stroke Improvement			X			X	X		X
<b>Level V</b> Stroke Refinement	X				X				X
<b>Level VI</b> Advanced Skills		X				X			X

Preschool and Level 1 classes are 35 minutes long. All other classes are 45 minutes long. Classes meet Monday through Friday. Rainy day classes will meet under the Main pavilion.

\*Eligible non resident towns: Beekman, East Fishkill, Pleasant Valley, Poughkeepsie, Union Vale, Wappinger.

# SWIM LESSON CHEAT SHEET

Pre-School Ages 3-4: Parents can assist child in the water. This level is designed to get the child comfortable in the water. Based on ability and attention span children may get lessons: strokes, floating, glides, front & back.

Can the child go under water? No = Level 1

Can the child float on front and back sides for at least 5 seconds; and doggie paddle or swim under water? No = Level 1

Yes = Level 2

Can the child swim a lap lane (25 yards) on front and back sides, with face in the water, in the deep water? No = Level 2

Yes = Level 3

Can the child tread water for 1 minute, dive into deep water, and swim one lap of the front crawl, backstroke, elementary backstroke and sidestroke?

No = Level 3

Yes = Level 4

Can the child swim all 6 strokes a full lap lane and be able to do a Kneeling Dive, Compact Dive, Stride Dive and feet first Surface Dive?

No = Level 4

Yes = Level 5

(Strokes: Front Crawl, Backstroke, Breaststroke, Butterfly, Elementary Backstroke, Sidestroke)

Can the child swim all 6 strokes (above) 2 full lap lanes (50 yards), do flip turns for backstroke and front crawl and know all 7 dives?

*Entry Dives:* Kneeling Dive, Compact Dive, Stride Dive, Long Shallow Dive

*Surface Dives:* Feet First, Tuck, and Pike.

No = Level 5

Yes = Level 6