

Summer 2023 Schedule

Gridley Pool Opens June 12, 2023

**Hours 12:00 – 5:00 pm Monday – Friday / 12:00 – 4:00 Saturday / CLOSED
Sunday / CLOSED 4th of July**

Swim Lessons – Gridley Public Pool swim lessons run through the summer months between June, July and part of August. Miss Daneen is the lead swim instructor and head lifeguard of the Gridley pool, with over 12 years of lifeguard and swim lesson experience. Gridley Pools management and lifeguards aim to create a safe and professional atmosphere when visiting our local pool.

Registration is open May 1st 2023 – closed once sessions are full

Payment is required upon Registration

Gridley Pool Swim Lessons are taught through a guided discovery method. Guided Discovery is a teaching and learning environment where students are actively participating in discovering knowledge. Safety and Water skills are taught to children through games and repetition. All children learn and grow at their own pace. We teach students at their natural level and build them up.

SUMMER 2023 SWIM SESSION SCHEDULE

Session 1

MONDAY - THURSDAY

Week 1 of Session 1 - June 19th – June 22nd

Week 2 of Session 1 – June 26th – June 29th

Session 2

MONDAY – THURSDAY

Week 1 of Session 2 – July 10th – July 13th

Week 2 of Session 2 – July 17th – July 20th

Session 3

MONDAY – THURSDAY

Week 1 of Session 3 – July 31st – August 3rd

Week 2 of Session 3 – August 7th – August 10th

Please read the Swim Lesson Rubric before selecting class placements for your child.

Baby & Me – 6 months – 2 years old

This level is for both parent and child. Parents are required to enter the water with their child and participant with an Instructor led class. Skills are taught through singing songs and water related games. Infants must have head control. Swim diapers are required for all children not fully potty trained.

Children in this level learn; **how to become acclimated to the water, jumping in with age appropriateness, basic arm and leg movement, going under water – assisted.**

(Please register your child based off age, not skill)

Polliwogs – Beginner Level 1 – (3 – 4 years of age)

This level of swim lessons is for children who are **ready for independent lessons** without a parent in the water. Children at this level can be nervous or uncomfortable with the water but over time will become adjusted. The goal of this level is to increase comfort with going underwater and in the aquatic environment.

Swimmers at this level will learn the following; **put their face under water, float on their front/back assisted and unassisted, jump into the water and swim 3ft or more assisted or unassisted and basic safety skills.**

(Please register your child based off age, not skill)

Guppies – Beginner Level 2 – (5 - 6 years of age)

This level of swim lessons is for children who have moderate experience in and around the water. This level will focus on movement through the water while gaining confidence and safety skills.

Swimmers at this level will learn the following; **swim under water, float on their front/back assisted or unassisted, jump into the water and swim 5ft or more assisted or unassisted and safety skills.**

(Please register your child based off age, not skill)

Sharks – Intermediate Level 3 – (7 - 9 years of age)

This level of swim lessons are for children who have intermediate experience in and around the water. Swimmers in this level will be expected to swim longer distances above and below the surface of the water. This level focuses on stamina and strength in the water.

Swimmers at this level will learn the following; **swim under water, float on their front/back unassisted, jump into the water and swim 7ft or more unassisted and advanced safety skills.**

(Please register your child based off age, not skill)

Advanced Sharks – Strokes Level – (10 – 12 years of age)

This level of swim lessons are for children who have full experience in and around water. During this level swimmers will be expected to swim longer distances and have stamina.

Swimmers at this level will learn the following; **swim under water, float on their front/back unassisted, jump into the water and swim 10ft or more unassisted, advanced safety skills and stroke introductions**

(Please register your child based off age, not skill)

***If your child does not know how to swim but falls in this age bracket please sign them up for this level.**

If you want to sign up for more than 1 session it will need to be done all at one time

***swim lesson time slots will be the same for all Sessions**

TIME SLOTS FOR SWIM LESSONS

AM TIME SLOTS –

11:00 Polliwog Level 1 – 10 max

11:30 Guppy Level 2 – 5 max

11:30 Sharks / Advanced Sharks - 10 max

PM TIME SLOTS

5:00 pm – Polliwog level 1 – 5 max

5:30 pm – Polliwog Level 1 – 5 max

5:30 pm - Guppy Level 2 – 5 max

5:30 pm Baby & Me – 10 max

6:00 pm – Sharks / Advanced Shark – 10 max