

Adaptive Lessons

Pre-requisite: for children with special needs

Adaptive lessons are for children and adults with physical or developmental disabilities. Participants will learn stroke technique and water safety. Classes are tailored to fit the needs and abilities of participants. Class size will vary from private to semi-private according to availability of instructors and needs.

Private and Semi-Private Swim Lessons

These lessons are for one to three students per class and are offered upon request. Semi-private students must be at the same swim level and ability to enroll in a class together. These lessons are focused on the needs of the participants and offer more one on one time than public lessons. All ages welcome. For more information and prices, please speak to the front desk.

FLOWRIDER Lessons

Pre-requisite: Available for all ages

The FlowRider is a wave machine specifically designed to simulate the perfect never-ending surfing wave. It offers the thrill of surfing, skateboarding and snowboarding in the size of a backyard pool. Come learn this exciting new sport! Beginner and Intermediate/Advanced classes available.

Jr. Lifeguard Program

Pre-requisite: Completion of a Level 4 swim lesson, and the ability to swim the front crawl for 25 yards continuously while using side breathing. Ability to tread water for 1 minute using arms and legs. Ability to submerge and swim a distance of 10 feet underwater.

Designed for youth ages 12 to 15. This class will introduce youth to lifeguarding and life saving skills. The focus is on leadership, professionalism of lifeguards, emergency crisis, fitness, and prevention of accidents. Participants will also shadow lifeguards on duty.

Water Aerobics

Price: \$3.00 *Free with season pass

Water aerobics is a fun, unique workout that will provide both a cardiovascular and resistance workout through the use of deep and shallow water, aqua weights, noodles, and much more! If you're looking for a fun workout that burns calories with low-impact this is the class for you! *No swimming experience

required. Participants will be provided with an aqua belt that is designed to keep participants above water.

Important Information

Assessment and tryout Day

- May 19th from 1:00pm to 3:00 pm. For both swim team and swim lesson participants, drop in only.

Swim Lessons

- Swim lessons are \$32 for residents and \$40 for non-residents. Make up is not available for missed classes. Make up for weather cancellations/holidays will be held the last Friday of the session.

Cancellation/Refund Policy

- The Lindon City Parks and Recreation Department will consider refund requests for programs on an individual basis. Refunds requested before lessons begin will be assessed a \$5 cancellation fee. Request for refunds after the first day of programming will not be granted.

Registration

- Registration begins May 1st. Register in person or online at www.lindoncity.org

Locker room rules

- Children under the age of five years may use the same locker room as their parent. Family changing rooms are also available Contact the front desk.

Swim Diaper Policy

- As per Utah State Law, any child under 3 years or any child not toilet trained shall be required to wear water resistant swim diaper AND plastic pants. Both are available at the front desk for a small fee.

Join the LINDON STORM

Summer Swim Team

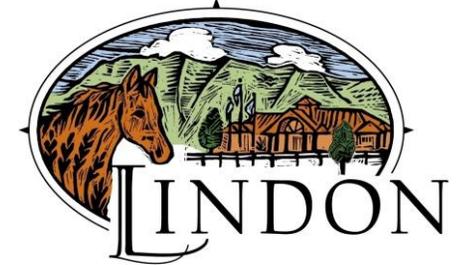
Pre-requisite: Completion of a level 5 swim lesson and the ability to swim freestyle and backstroke for 25 yards without stopping and/or coaches discretion. *Tryouts required for first time participants or those wanting to advance a level.

\$85 Resident
\$100 Non-Resident



Improve swimming technique while participating in fun County swim meets! (Parent volunteerism is required for child and youth participation)

L. A. C.



Swim

Lessons

Lindon Aquatics Center



60 w 60 n
Lindon, Utah 84065
801-610-4160

Swim Lesson Levels

Parent and Child

6 months to 3 years

Children 6 months – 3 years. In this class, parents are taught to safely work with their child in the water. Parents will learn to appropriately support and hold their child in the water. Children are introduced to basic skills that will lay a foundation such as floats, submersions, and kicking. The class will use both new and familiar nursery rhymes and songs to help engage young children and create a fun environment.

*A parent or guardian must be in the water at all times with their child.

Pre-school 1

Entry level for children ages 3 to 4.

Children 3 – 4 years who have never had any water experience before. In this level, the most basic skills are taught. Participants will have the support of the instructor in exploring and learning movement in the water. Floats and basic arm movements will be explored with support from the instructor. Class will be held in shallow water and children must be comfortable in the water without an adult.

Pre-school 2

Pre-requisite: Completion of Pre-school 1 and/or comfortable putting face under water.

Children 3 – 5 years. To enroll in this class, participants need to have either completed

Pre 1, or be comfortable putting their head underneath the water. In this level participants will learn to enter the water on



their own by sliding in or jumping into the water. Participants will also continue learning the basic skills such as front arm movements and floats with support, and learn the flutter kick.

Level 1

Entry level for children ages 5-9.

Children 5 – 9 years of age who have never had any

water experience before but may be too old for Preschool classes. Participants in this level will learn basic water safety and skills to help them feel comfortable and enjoy water. Skills taught will include the front crawl, bobs with controlled breathing, and movement in chest deep water.

Level 2

Pre-requisite: Completed level 1 and/or be comfortable floating on both their back and front with minimal support.

Children 5 – 9 years of age. To enroll in this class, participants need to have completed level 1 or be comfortable floating on both their back and front with minimal support. In this level, the skills of water safety are further developed at a more advanced level. Participants are beginning to learn to perform swimming skills alone in level 2. Skills are to include front and back glides, flutter kick on the front and back, front arm movements, and front floats with the face in the water.



Level 3

Pre-requisite: Completion of level 2, and or be comfortable floating on their back and front unassisted.

Children 6 – 10 years of age. To enroll, participants need to have completed level 2, or be comfortable floating on the back and front by themselves and be able to swim on the front without support. In level 3, participants will learn 2 strokes (front and back crawl) as well as learning new ways to kick. Side breathing will also be taught. Participants will begin to explore moving and swimming in deep water. Passing requirements include side breathing, and swimming 15 yards of front crawl unassisted.

Level 4

Pre-requisite: Completion of level 3, or ability to swim front crawl using side breathing and the back crawl for 15 yards.

Children 6 and up. To enroll in this class, participants need to have completed level 3, or be comfortable swimming both the front crawl and the back crawl. In level 4, participants will continue to work on front and back

crawl, as well as learn breaststroke and butterfly. Participants will learn to dive in deep water, open turns at the wall, and improve side breathing. Participants will also begin to increase their endurance and will be expected to swim 25-50 yards of different strokes to pass level 4. *Participants must be able to swim 15 yards of front crawl using side breathing, and the back crawl for 15 yards, enroll in level 4.

Level 5

Pre-requisite: Front Crawl 25 yards, backstroke 20 yards, head first entry from standing position.

(Children 6 and up) Level 5 is for the swimmer who needs to refine the advanced strokes and improve their swim practice. Various swimming, diving, and safety skills will be taught. Participants will gain endurance and learn flip-turns at the wall. Some of the requirements to pass this class may include, but not limited to, swimming the following strokes in distances of 25-50 yards: front crawl, back crawl, breaststroke, and butterfly.

Level 6: Advanced Stroke work and endurance.

Pre-requisite: Ability to swim front crawl and backstroke for 50 yards without stopping, and breaststroke and butterfly correctly for 20 yards.

(Children 7 and up) This class is for swimmers who are able to swim all four strokes correctly. The class will teach participants how to build their own swim practice and build endurance while maintaining stroke form and technique. This class is a must for those interested in swim team in the future, or those already on the swim team looking to fine tune their strokes. Dives, flip-turns, and finishes will be taught and fine tuned. * Participants must be able to demonstrate the pre-requisites listed above to enroll.

