



ANNOUNCING

# "Little Loons" Swim Lessons

at Lakelands-WLA Beach Club

*Come learn how to swim and be safe at the lake!*

Contact Joanne Dinser at [joanne@lakelandsgolf.com](mailto:joanne@lakelandsgolf.com)

Swim Lessons are offered on Tuesdays and Thursdays

**\$50.00** per session for 4 Classes on June 25, 27, July 2, 9, 11, 16 Makeup: July 18

Classes	Days & Times
Level 1: Minnows	T/TH 4:30 pm to 5:00 pm
Level 2: Walleye	T/TH 5:15 pm to 6:00 pm
Level 3: Pike	T/TH 6:15 pm to 7:00 pm

### LEVEL 1: Minnows

*(Ages 2 through 4 Years)*

The purpose of this level is to provide an orientation to the lake and learn how to be safe and have fun in the water. Introduction of the fundamental aquatic skills are taught, including blowing bubbles and bobs, face and head submersion, floating on front and back, kicking on front and back and flipping from front to back. They will also learn the basic locomotion skills for the combined stroke on the front and back. Parents are encouraged to participate so you bond and learn how to work with your child in the water.

### LEVEL 2: Walleye







*(Ages 5 through 7 Years)*

At this level, your child will begin to learn to move more freely and confidently in the water while increasing their strength and endurance. The freestyle stroke with rhythmic breathing is introduced, as well as backstroke. Also taught are the survival skills of Elementary Backstroke and the Survival float.

### LEVEL 3: Pike

*(Ages 8 Years and up)*

Swimmers will continue to develop and improve their freestyle and backstroke with technique tweaking. Strength, endurance and distance are improved. Also taught are Breaststroke and sidestroke with the introduction of the Butterfly stroke. Open Water Safety and Survival skills will be emphasized as well.

-  Learning to swim and be comfortable while staying safe in the lake is a GOOD THING!
-  Classes must have a minimum of 3 Children enrolled or session will be canceled
-  A maximum enrollment of 5 Children per class is followed for safe and effective teaching
-  If classes are canceled due to inclement weather, make-ups will be scheduled if time allows
-  Children and Grandchildren of club members are eligible for the swim program
-  All swimmers will receive a swimmers certificate upon completion each level

If you have any questions regarding our Little Loons Swim Program please contact Joanne Dinser at the club at 810-231-3000 or send an email to [joanne@lakelandsgolf.com](mailto:joanne@lakelandsgolf.com).