

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 – THURSDAY

Session 1: July 7th–10th, 14th–17th
Session 2: July 21st–24th, 28th–31st

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.

LVL 1 Water Adjustment	My child has little or no water experience.
LVL 2 Body Position	To Register: My child can already: <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.
LVL 3 Mobility and Beginning Endurance	To Register: My child can already: <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.
LVL 4 Stroke Improvement	To Register: My child can already: <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).
LVL 5 Stroke Perfection	To Register: My child can already: <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.
LVL 6 Advanced Stroke Kicks	To Register: My child can already: <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.