

Town of Rosendale Pool

Swim Lesson Sign Up 2026

Sessions:

- Session 1: Monday, June 29 - Friday, July 10
- Session 2: Monday, July 13 - Friday, July 24
- Session 3: Monday, July 27 - Friday, August 7

Levels:

- **Level 1- Introduction to Water (Ages 3+)**
 - For the beginner who is comfortable in the water.
 - Swimmers learn the basics of swimming: bobbing, going under water, supporting front and back floating, supporting rolling over from front to back and back to front, supported gliding, supported flutter kick, supported front crawl arms and jumping in.
- **Level 2 – Fundamental Aquatic Skills (Age 4+)**
 - Swimmers should already be able to float on front and back and put their head under water.
 - Swimmers will work on: independent front and back floating, independent rolling over from front to back and back to front, independent front and back glides, front crawl arms and kicks, back crawl arms and kicks, retrieving underwater objects, and jumping into water over their head.
- **Level 3 – Stroke Development (Ages 5-6+)**
 - Swimmers should already be comfortable swimming the front crawl and swimming on their back.
 - Swimmers will work on: gliding, freestyle with side breathing, backstroke, breast stroke and dolphin kicks, retrieving objects in deeper water, treading water, jumping into deep water.
- **Level 4-Stroke Improvement (Ages 6-7+)**
 - Swimmers entering this level must possess a Level 3 certificate or demonstrate all the Level 3 skills.
 - Swimmers will work on: diving, underwater swimming, feet-first surface dive, 1 minute of survival floating, treading and back floating, 25 yards of front crawl, breaststroke and back crawl, 15 yards of butterfly and elementary backstroke and sidestroke, compact jump from height in a lifejacket, throwing assists and caring for conscious choking victim.
- **Level 5-Stroke Refinement (Age 7+)**
 - Swimmers entering this level must possess a Level 4 certificate or demonstrate all the Level 4 skills
 - Swimmers will work on: shallow dive, tuck and pike surface dives, 2 minutes of survival floating, back float and treading water, flip turns on front and back, 50 yards front and back crawl, 25 yards butterfly, breaststroke, elementary backstroke and sidestroke, 2 minutes of survival swimming, rescue breathing
- **Sensory Friendly**
 - An opportunity for our swimmers with special needs to learn-how-to-swim/adapt to the water in a quiet and calm setting.
 - These lessons will take place during the 11:00 - 11:30 time slot.

Lesson Fees:

Resident Child: \$50.00 each, per session

Non-Resident Child: \$85.00 each, per session

Description:

Our lessons will be available throughout the morning hours of July and August. Each session includes ten (10) 30-minute lessons over a 2-week period. Lessons are held Monday through Friday. Being that these are American Red Cross affiliated lessons, there are 8 curriculum days covered. The two extra days are bonus days. Therefore, **there are no make-up days offered**. Refer to the Town Pool's Facebook page for regular updates at *Rosendale Town Pool*.

Parents and/or guardians do not have to pay any fees to enter the pool to attend lessons. If you would like to come early, please come no earlier than 15 minutes before your lesson time.

Please have your child wait in front of the bathhouse, near the lifeguard room until their lesson time is announced. Attendance is taken every lesson. If you ever have any questions, or concerns, please let us know! We're looking forward to a great summer.