

# Swim Lessons at the Lovettsville Pool Summer 2024

## STARTOTS

(Ages 1.5-3 years) This parent/child class will focus on building trust and confidence between children and parents in the water. Children will use toys, sing songs, and play games to splash and play as they learn elementary water safety skills and grow comfortable in the water with their parent.

### Activity #428100-01 \$45

Tu, Th 7/2-7/11 10:15-10:45am

### Activity #428100-02 \$45

Tu, Th 7/16-7/25 10:15-10:45am

### Activity #428100-03 \$45

Tu, Th 7/30-8/8 10:15-10:45am

## STARKIDS - Red

(Ages 3-5) Students will practice front and back float, front and back streamline, and rolling by focusing on body positioning and air recovery in the water. Pre-requisites for this class: Go under water comfortably for 5 seconds with assistance, then come up to breathe, or a swim evaluation.

### Activity #428102-01 \$90

M-Th 6/17-6/27 9:40-10:10am

### Activity #428102-02 \$57

Tu, Th 6/18-7/2 6:30-7:00pm

### Activity #428102-03 \$57

Tu, Th 6/18-7/2 7:10-7:40pm

### Activity #428102-04 \$90

M-Th 7/1-7/11 9:40-10:10am

### Activity #428102-05 \$68

Tu, Th 7/9-7/25 6:30-7:00pm

### Activity #428102-06 \$90

M-Th 7/15-7/25 9:00-9:30am

## STARKIDS - Blue/Green

(Ages 3-5) This class focuses on rotary and integrated movement in the water. Students will practice kicking, pulling, streamline, side glide, and side breathing with the benchmark of swimming 10 yds with some rotary breathing. Pre-requisites for this class: Jump in, submerge, recover for air, kick and pull forward 10 ft on front and back, change direction and return to wall, using swim-roll-swim to breathe technique.

### Activity #428104-01 \$90

M-Th 7/29-8/8 10:15-10:45am

## STARKIDS - White

(Ages 3-5) Students will practice submersion with recovery to the surface, breath control, jumping in and climbing out, as well as learning important safety skills and behavior around water. No Pre-requisites or swim evaluation needed for entry into this class. Progression to the next level is contingent on meeting the pre-requisites of the StarKids RED class.

### Activity #428101-01 \$45

Tu, Th 6/18-6/27 10:15-10:45am

### Activity #428101-02 \$45

Tu, Th 7/2-7/11 10:15-10:45am

### Activity #428101-03 \$45

Tu, Th 7/16-7/25 10:15-10:45am

### Activity #428101-04 \$45

Tu, Th 7/30-8/8 10:15-10:45am

## STARKIDS - Yellow

(Ages 3-5) This class focuses on forward movement and changing direction in the water, and will introduce treading water, swimming underwater, streamline kicking, arm pulls, combined kick and pull on front and back, and breath control. Pre-requisites for this class: Jump in, submerge, recover for air, roll onto back for 5 seconds.

### Activity #428103-01 \$90

M-Th 6/17-6/27 9:00-9:30am

### Activity #428103-02 \$90

M-Th 7/1-7/11 9:00-9:30am

### Activity #428103-03 \$68

Tu, Th 7/9-7/25 7:10-7:40pm

### Activity #428103-04 \$90

M-Th 7/15-7/25 9:40-10:10am

### Activity #428103-05 \$68

Tu, Th 7/30-8/15 6:30-7:00pm

### Activity #428103-06 \$68

Tu, Th 7/30-8/15 7:10-7:40pm

*No class will meet Thursday, 7/4 - will meet Friday 7/5 instead.*

*Classes cancelled will be rescheduled as needed.*



57 E Broad Way, Lovettsville, VA 20180 - 540-822-5284 - Email: [LOVCC@Loudoun.gov](mailto:LOVCC@Loudoun.gov)  
**LOUDOUN COUNTY DEPARTMENT OF PARKS, RECREATION & COMMUNITY SERVICES**

If you require a reasonable accommodation for any type of disability or need language assistance to participate, please contact [adaptrec@loudoun.gov](mailto:adaptrec@loudoun.gov), 703-777-0343, TTY-711. At least three business days of advance notice is requested; some accommodations may require more than three days of notice.

# Swim Lessons at the Lovettsville Pool Summer 2024

## SWIMSCHOOL - White

(Ages 6-12) This beginner clinic focuses on creating trust and confidence in the water through creative, fun activities.

Students will practice submersion with recovery to the surface, breath control, jumping in and climbing out, as well as learning important safety skills and behavior around water.

No Pre-requisites or swim evaluation needed for entry into this class. Progression to the next level is contingent on meeting the pre-requisites of the SwimSchool RED class.

**Activity #428201-01 \$45**  
Tu, Th 6/18-6/27 9:40-10:10am

**Activity #428201-02 \$45**  
Tu, Th 7/2-7/11 9:40-10:10am

**Activity #428201-03 \$45**  
Tu, Th 7/16-7/25 9:40-10:10am

**Activity #428201-04 \$45**  
Tu, Th 7/30-8/8 9:40-10:10am

## SWIMSCHOOL - Yellow

(Ages 6-12) This class focuses on forward movement and direction change in the water. Class will introduce treading water, swimming underwater, streamline kicking, arm pulls, combined kick and pull on front and back, and breath control. Pre-requisites for this class: Jump in, submerge, recover for air, roll onto back for 5 seconds.

Progression to the next level is contingent on meeting the pre-requisites of the SwimSchool BLUE/GREEN class.

**Activity #428203-01 \$90**  
M-Th 6/17-6/27 9:00-9:30am

**Activity #428203-02 \$90**  
M-Th 7/1-7/11 9:00-9:30am

**Activity #428203-03 \$68**  
Tu, Th 7/9-7/25 7:10-7:40pm

**Activity #428203-04 \$90**  
M-Th 7/29-8/8 9:00-9:30am

**Activity #428203-05 \$68**  
Tu, Th 7/30-8/15 6:30-7:00pm

**Activity #428203-06 \$68**  
Tu, Th 7/30-8/15 7:10-7:40pm

No class will meet Thursday, 7/4 - will meet Friday 7/5 instead.

Classes cancelled will be rescheduled as needed.

## SWIMSCHOOL - Red

(Ages 6-12) This clinic will practice front and back float, front and back streamline, and rolling from front to back to front, focusing on body positioning and air recovery in the water. Pre-requisites for this class: Assisted submersion, relaxed for 5 seconds; then come up to breathe or swim evaluation needed for entry into this class. Progression to the next level is contingent on meeting the pre-requisites of the SwimSchool YELLOW class.

**Activity #428202-01 \$90**  
M-Th 6/17-6/27 10:15-10:45am

**Activity #428202-02 \$57**  
Tu, Th 6/18-7/2 6:30-7:00pm

**Activity #428202-03 \$57**  
Tu, Th 6/18-7/2 7:10-7:40pm

**Activity #428202-04 \$90**  
M-Th 7/1-7/11 10:15-10:45am

**Activity #428202-05 \$68**  
Tu, Th 7/9-7/25 6:30-7:00pm

**Activity #428202-06 \$90**  
M-Th 7/15-7/25 10:15-10:45am

**Activity #428202-07 \$90**  
M-Th 7/29-8/8 9:40-10:10am

## SWIMSCHOOL - Blue/Green

(Ages 6-12) This class will practice kicking, pulling, streamline, side glide, and side breathing with the benchmark of swimming 10yds with some rotary breathing and overarm pulls. Class will introduce diving and survival floating. Pre-requisites for this class: Jump in, submerge, recover for air, kick-and-pull forward 10 ft on front and back, change direction and return to wall, using swim-roll-swim to breathe technique.

**Activity #428204-01 \$90**  
M-Th 7/15-7/25 9:00-9:30am

**Activity #428204-02 \$90**  
M-Th 7/29-8/8 9:00-9:30am

### Private Swim Lessons

4 lessons cost \$150 per student

Each lesson is 30 minutes long and are scheduled during regular pool operating hours.

### Semi-Private Swim Lessons

4 lessons cost \$100 per student

These lessons are designed to accommodate 2-3 children at a time and are scheduled during regular pool operating hours.

Email: [Katharina.Connor@loudoun.gov](mailto:Katharina.Connor@loudoun.gov) to schedule your lesson.



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