Youth SWIM LESSONS!

The Mount Jackson Community Pool will be hosting a variety of swimming lessons throughout the summer. An American Red Cross certified Water Safety Instructor will be provided with each lesson, though course instruction is provided by the facility's lifeguards.

Preschool Aquatics:

Preschool Aquatics: The preschool aquatics course is for student's ages 3 years to 5 years old. This introductory course helps familiarize students with the water and prepares them to enter Level 1 of the Learn-to Swim Program. Age appropriate games and water activities will be played in this course along with an introduction to both the front crawl and elementary backstroke.

Learn-to-Swim Program:

Level 1: Beginners: This course is designed to be the first level in the learn-to-swim program. In this course students will learn the first swimming stroke known as the front crawl. Students will also be exposed to the fundamentals of the elementary backstroke and the sidestroke. Students submerge their entire bodies underwater, and learn the principles of floating. Water safety topics will also be included within this course.

Level 2: Advanced Beginners: Students that graduate from the Level 1 course or feel their skills are a bit more advanced than those outlined in the Level 1 description may sign up for this course offering. In the advanced beginners course students will perfect the front crawl and learn to swim both the elementary backstroke, and sidestroke. Students will also be exposed to the fundamentals of the backstroke. Water safety will be included within this course.

Parent and Child Aquatics:

Mommy & Me: This course is for designed for parents to engage their youngsters in water activities while still being by their side. This course requires and adult 18 years or older and a child age 6 months to 3 years old. This course will teach parents the fundamentals of swimming, what they can do to help their child learn to swim, and important water safety topics to remember while watching their child at the pool. Swimming positions, holds, and techniques will be the fundamentals of this course. This is a great way for parents and children to bond with one another, and to teach a child what being in the water is all about. Do not be shy parents! This is a great course for you and your child.

2016 Course Schedule:

TIME	COURSE	WSI INSTRUCTOR	FEE
Session #1: Monday-Friday: June 27th-July 1st (June 27th, 28th, 29th, 30th, and July 1st)			
8:45-9:30 a.m.	Level 2: Advanced Beginners	Corey Harlow	$55
9:30-10:15 a.m.	Level 1: Beginners	Corey Harlow	$55
10:15-11:00 a.m.	Preschool Aquatics	Corey Harlow	$55
Session #2: Monday-Friday: July 11th-July 15th (July 11th, 12th, 13th, 14th, and 15th)			
8:45-9:30 a.m.	Level 2: Advanced Beginners	Corey Harlow	$55
9:30-10:15 a.m.	Level 1: Beginners	Corey Harlow	$55
10:15-11:00 a.m.	Preschool Aquatics	Corey Harlow	$55
10:15-11:00 a.m.	Mommy & Me	Corey Harlow	$55
Session #3: Monday-Friday: July 25th-July 29th (July 25th, 26th, 27th, 28th, and 29th)			
6:00-6:45 p.m.	Level 2: Advanced Beginners	Corey Harlow	$55
6:00-6:45 p.m.	Preschool Aquatics	Corey Harlow	$55
6:45-7:30 p.m.	Level 1: Beginners	Corey Harlow	$55
6:45-7:30 p.m.	Mommy & Me	Corey Harlow	$55

Go to the following web address to sign your student up online:
http://goo.gl/forms/qbyLr9yI1S

Note: Each course capacity is a maximum of 6 students. Do not wait until the last minute to sign your child up online. The sooner you sign up the more likely your child is to get into the course of your choice.

About Your American Red Cross Water Safety Instructor:

Instructor Name: Corey Harlow
Certifications: Water Safety Instructor, Lifeguard Instructor, Lifeguard, CPR/AED Professional Rescuer, First-Aid Certified, Trained in Administering Emergency Oxygen, Bloodborne Pathogen and Disease Transmission Certified, Epinephrine Auto-Injector Certified, Asthma Inhaler Certified, and Professional Swim Coach.

Contact Information:
(Please Contact if you need help placing your child in a class.)
Cell Phone (Call or Text): 540-335-0662
Email: corharlo@vt.edu
Facebook: Add as a Friend & Send a Message
In all communication be sure to include your name and a way to return a message