

Frequently Asked Questions:

How do I register?

You may visit the Frieda Zamba Pool during pool hours or Palm Coast Community Center, Monday through Friday, 8am to 5pm. We accept cash, check, money order or credit card.

What happens if it is raining or there is a storm prior to or during my lessons?



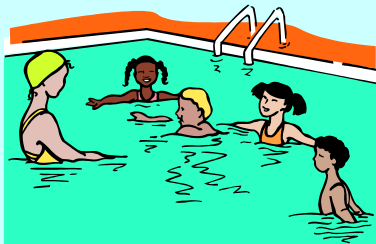
Lessons will only be cancelled if there is thunder/lightning or heavy rain. The instructor will call to notify each participant if lessons are canceled at least 30 minutes prior to the start of the lesson.

Can I swim before and after my lessons?

Yes, with paid pool admission for each individual entering the pool.

Do I get a refund if I find out that I cannot attend an entire session?

Refund request must be made in writing on the Refund Request Form at least 7 days prior to the start of the registered program date. There will be no refund issued when a request is submitted with less than 7 days.



Frieda Zamba Swimming Pool

339 Parkview Drive
Palm Coast, FL 32164
386-986-4741

Parks & Recreation Dept.

305 Palm Coast Parkway N.E
Palm Coast, FL 32137
386-986-2323

Visit discoverpalmcoast.com



Palm Coast Parks and Recreation



Learn to Swim Program

**REGISTER
NOW!**

Water Babies

\$45

Ages 6 months and up

Parent and child water introduction using games, music and fun to introduce your child to the water. Basic kicking will be introduced.

Water Babies participants learn to:

- Introduction to entering and exiting the water safely
- Blowing bubbles
- Explore putting their faces in the water and being submerged
- Roll over front to back and back to front with support
- Introduction to floating with support

Level 1: Tiny Treader's

\$45

Ages 4 and up

Participants of this class must have the ability to listen and follow directions to ensure safety and care of participants.

Level 1 participants learn to:

- Enter and exit water safely
- Submerge mouth, nose and eyes
- Explore floating on front and back with/without support
- Exhale underwater through mouth and nose
- Change direction while paddling
- Roll over from front to back and back to front with/without support
- Explore swimming on front and back using arm and leg actions with support
- Use a life jacket
- Discuss water safety and pool rules

Level 2: Born to Swim

\$45

Ages 6 and up

This class builds on the skills learned in Level 1 through additional guided practice. Participants of Level 2 must have successfully completed the skills required for Level 1 or be able to demonstrate the skills required of Level 1.

Level 2 participants learn to:

- Enter water by stepping or jumping from the side
- Blow bubbles submerging head in a rhythmic pattern (bobbing)
- Open eyes underwater, pick up a submerged object in shallow water
- Perform front and back glide
- Roll over from front to back, back to front
- Tread water using arm and leg motions (chest-deep water)
- Swim on front, back and side using combined arm and leg actions
- Move in the water while wearing a life jacket
- Discuss water safety and pool rules

Swim Lesson Schedule:

- ◆ Pre-registration is required prior to the start of each session.
- ◆ Fees are due at time of registration.
- ◆ Minimum class size of 4 participants
- ◆ Classes held Monday through Thursday
- ◆ When classes are cancelled by management, make-ups will be scheduled accordingly.

Session 1

June 3 — June 13

Water Babies

5:30 - 6:00 pm

Level 1

6:15 - 6:45 pm

Level 2

7:00 - 7:30 pm

Level 3

6:15 - 7:00 pm

Session 2

June 17— June 27

Water Babies

9:15 -9:45 am or 5:30 - 6:00pm

Level 1

10:00 -10:30 am or 6:15 - 6:45 pm

Level 2

7:00 - 7:30 pm

Level 3

6:15 - 7:00 pm

Level 4

5:30 - 6:10 pm

Session 3

July 8 — July 18

Water Babies

9:15 -9:45 am or 5:30 - 6:00pm

Level 1

10:00 -10:30 am or 6:15 - 6:45 pm

Level 2

7:00 - 7:30 pm

Level 3

6:15 - 7:00 pm

Session 4

July 29 — August 8

Water Babies

9:15 -9:45 am or 5:30 - 6:00pm

Level 1

10:00 -10:30 am or 6:15 - 6:45 pm

Level 2

7:00 - 7:30 pm

Level 3

6:15 - 7:00 pm

Level 4

5:30 - 6:10 pm



Level 3: Swimming 101

\$55

This class builds on the skills in Level 1 and 2 through additional guided practice. Participants of Level 3 must have successfully completed the skills required for Level 1 and 2 or be able to demonstrate the skills required of Level 2.

Level 3 participants learn to:

- Jump into deep water from the side
- Submerge and retrieve an object in chest deep water
- Bob with the head fully submerged
- Rotary breathing in horizontal position
- Float on front and back in deep water
- Change from horizontal to vertical position on front and back
- Tread water using hand and leg movements
- Perform front and back crawl
- Introduction to the Butterfly—kick and body motion
- Discuss water safety and pool rules



Level 4: Jr. Swimmers

\$55

Develops confidence in the skills learned and improves other aquatic skills. Participants of Level 4 must have successfully completed the skills required for Level 3 or be able to demonstrate the skills required of Level 3.

Level 4 participants learn to:

- Focus on enhancing stroke development and breathing
- Swim underwater
- Perform feet-first surface jump
- Perform open turns on front and back
- Submerge and retrieve an object
- Survival and back float
- Tread water using sculling arm motions and with different kicks
- Perform the following:
 - Breaststroke, butterfly, backstroke, swim on side using scissors kick
- Perform flip turn on front and back
- Discuss water safety and pool rules