

# SWIM LESSONS at Selden Park

The Glynn County Recreation and Parks Department is proud to offer American Red Cross Swim Lessons at the Selden Park pool.

Four sessions are available to accommodate busy summer schedules. Lessons are held Monday through Thursday; Fridays are reserved to make-up any classes cancelled due to inclement weather.

Each session consists of 8 classes.

For more information, contact the Selden Park Aquatics Division at 912-279-2800 or send an email to [seldenpark@glynncounty-ga.gov](mailto:seldenpark@glynncounty-ga.gov).

Selden Park is located at 100 Genoa Martin Dr. in Brunswick.

## Session Dates:

### Session 1:

June 4– June 15

### Session 2:

June 18– June 29

### Session 3:

July 9- July 20

### Session 4:

July 23— Aug 3

## Session Times:

### Sessions 1 and 3-

Guppies: Level 1- 10:00 to 10:30 am  
Level 2- 10:30 to 11:00 am  
Level 3- 11:00 to 11:30 am

Minnows: Level 1- 10:00 to 10:30 am  
Level 2- 10:30 to 11:00 am  
Level 3- 11:00 to 11:45 am  
Level 4- 11:30 to 12:15 pm  
Level 5- 12:00 to 12:45 pm

### Sessions 2 and 4-

Guppies: Level 1- 10:00 to 10:30 am  
Level 2- 10:30 to 11:00 am  
Level 3- 11:00 to 11:30 am

Minnows: Level 1- 10:00 to 10:30 am  
Level 2- 10:30 to 11:00 am  
Level 3- 11:00 to 11:45 am  
Level 4- 11:30 to 12:15 pm  
Level 6- 12:00 to 12:45 pm

## Fees:

**\$30.00/ session**



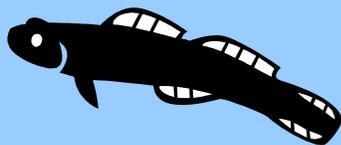
## Selden Park

100 Genoa Martin Dr.  
Brunswick, GA 31523  
912-279-2800

[seldenpark@glynncounty-ga.gov](mailto:seldenpark@glynncounty-ga.gov)

# Choosing a Level...

Remember, the level in which your child participates depends on his or her skill and comfort level, not age! For help determining the appropriate level for your child, contact the Selden Park Aquatics team at 912-279-2800 or [seldenpark@glynncounty-ga.gov](mailto:seldenpark@glynncounty-ga.gov).



Guppies- (generally ages 4 to 5)  
Three fun, age-appropriate levels teach basic aquatic safety and survival skills to increase children's comfort level in and around the water.

## Level 1-

Orients children to the aquatic environment and helps them gain basic aquatic skills.

- Enter and exit water using ladder, steps or side
- Blow bubbles through mouth and nose
- Submerge mouth, nose and eyes
- Open eyes under water and retrieve submerged objects
- Front and back glides
- Recover from a front glide to a vertical position
- Back float and recover to a vertical position
- Roll from front to back and back to front
- Tread with arm and hand actions
- Alternating and simultaneous leg actions on front and back
- Alternating and simultaneous arm actions on front and back
- Combined arm and leg actions on front and back
- Plus age-appropriate water safety topics

## Level 2-

Helps children gain greater independence in their skills and develop more comfort in and around water.

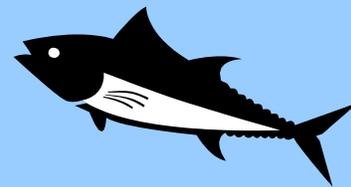
- Enter water by stepping in
- Exit water using ladder, steps or side
- Bobbing
- Open eyes under water and retrieve submerged objects
- Front and back floats and glides
- Recover from a front or back float or glide to a vertical position
- Roll from front to back and back to front
- Tread water using arm and leg actions
- Combined arm and leg actions on front and back
- Finning arm action on back
- Plus age-appropriate water safety topics

## Level 3-

Builds on skills with practice in deeper water.

- Enter water by jumping from the side
- Headfirst entries from side in sitting and kneeling positions
- Bobbing while moving toward safety
- Rotary breathing
- Survival float
- Back float
- Change from vertical to horizontal position on front and back
- Tread water
- Flutter, dolphin and scissors kicks
- Front crawl and elementary backstroke
- Plus age-appropriate water safety topics

**Minnows-** (generally ages 6 and up)  
Six progressive levels help swimmers of varying ages and abilities develop their water safety, survival, and swim skills.



**Level 1– Introduction to Water Skills**

- Helps participants feel comfortable in the water.
- Enter and exit water using ladder, steps or side
- Blow bubbles through mouth and nose
- Bobbing
- Open eyes under water and retrieve submerged objects
- Front and back glides and back float
- Recover to vertical position
- Roll from front to back and back to front
- Tread water using arm and hand actions
- Alternating and simultaneous leg actions on front and back
- Alternating and simultaneous arm actions on front and back
- Combined arm and leg actions on front and back
- Plus age-appropriate water safety topics

**Level 4– Stroke Improvement**

Develops confidence and improves skills.

- Headfirst entries from side in compact and stride positions
- Swim under water
- Feetfirst surface dive
- Survival swimming
- Front crawl and backstroke open turns
- Tread water using 2 different kicks
- Front and back crawl, elementary backstroke, breaststroke, sidestroke and butterfly
- Flutter and dolphin kicks on back
- Plus age-appropriate water safety topics

**Level 2– Fundamental Aquatic Skills**

Gives participants success with fundamental skills.

- Enter water by stepping or jumping from the side
- Exit water using ladder, steps or side
- Fully submerge and hold breath
- Bobbing
- Open eyes under water and retrieve submerged objects
- Front, jellyfish and tuck floats
- Front and back glides and back float
- Recover to a vertical position
- Roll from front to back and back to front
- Change direction of travel while swimming on front or back
- Tread water using arm and leg actions
- Combined arm and leg actions on front and back
- Finning arm action on back
- Plus age-appropriate water safety topics

**Level 5– Stroke Refinement**

Provides further coordination and refinement of strokes.

- Shallow-angle dive from the side
- Tread water
- Tuck and pike surface dives, submerge completely
- Front flip turn and backstroke flip turn while swimming
- Front and back crawl, elementary backstroke, breaststroke, sidestroke and butterfly
- Standard scull
- Plus age-appropriate water safety topics

**Level 3– Stroke Development**

Builds on skills with practice in deeper water.

- Enter water by jumping from the side
- Headfirst entries from side in sitting and kneeling positions
- Bobbing while moving toward safety
- Rotary breathing
- Survival float
- Back float
- Change from vertical to horizontal position on front and back
- Tread water
- Flutter, dolphin and scissors kicks
- Front crawl and elementary backstroke
- Plus age-appropriate water safety topics

**Level 6– Swimming and Skill Proficiency**

Refines strokes so participants swim with ease.

Level 6 features menu options to prepare participants for advanced activities, including the Water Safety Instructor course, competitive swimming or diving.

- Fitness Swimmer
- Personal Water Safety
- Fundamentals of Diving