

# 2026

## Lake Placid Summer Swim Program

The Summer Swim Program will be offering 5 sessions this summer. Each session will be one weeklong and the swim class meets each weekday, Monday through Friday.

The program will offer eight (8) types of instruction:

1. **Adults only.** For the novice or experience but no experience is necessary. Can also assist swimmers with development of stroke and breathing technique. All levels welcome.
2. **Learn to Swim Level 1 - Introduction to Water Skills** – Helps the student feel comfortable in the water and enjoy the water safely while teaching elementary aquatic skills.
3. **Learn to Swim Level 2 - Fundamental Aquatic Skills** – Provides the student with opportunities for success with fundamental skills and marks the beginning of true locomotion skills. Participants further develop simultaneous and alternating arm and leg actions on the front and back.
4. **Learn to Swim Level 3 - Stroke Development** – Student must have passed level 2 and be able to swim on their front for 20 feet, roll to their back and float for 15 seconds, roll to their front and continue swimming for 20 additional feet. Additional kicks and diving are introduced.
5. **Learn to Swim Level 4 - Stroke Improvement** – Student must have passed level 3, be able to jump into deep water and swim on their front for 15 yards with rotational breathing, float for 30 seconds, and swim back crawl for 15 yards. Participants learn to improve their skills and endurance as well as additional strokes and turns.
6. **Learn to Swim Level 5 - Stroke Refinement** – Student must have passed level 4, swim a full length of the pool doing front crawl, then change directions and return doing backstroke, as well as tread water for 1 minute, and be able to swim breaststroke for 15 yards. Stroke refinement and increased distance is the focus of this level.
7. **Learn to Swim Level 6** - Various topics to include: **Diving, Fitness Swimming, and Lifeguard Readiness.** Student must be able to swim 2 full lengths of the pool swimming crawl, and one length of breaststroke and back crawl, dive, and perform all strokes.

There will be a forty-five (\$45) fee for each one (1) week session. The schedule of sessions is attached.

Parents may begin signing up students May 11<sup>th</sup> at LPHS pool. Parents may sign up for any and all sessions they wish and remember it is "first come, first served." Sign up on the pool deck weekdays 6:00 – 7:30 pm from May 11th until each class is begins. We will continue to sign up throughout the summer until classes are full.

**There will be no refunds after completion of registration and payment of fees.**

If you have any questions, please call Kari Lambert at 441-0309.