



The La Habra Swim Program was developed to teach children water safety in a calm, safe and fun environment. We follow the American Red Cross *Learn to Swim* approach, implementing the stepping stone method, which places children into the appropriate skill level classes for the quickest possible progression. Class sessions last for two weeks, and are held Monday-Thursday in 45-minute sessions. You can register in person at the La Habra Community Center, by phone, or online at www.lahabraca.gov.

2016 Summer Class Schedule

	9:00 to 9:40 a.m.	9:45 to 10:25 a.m.	10:30 to 11:10 a.m.	11:15 to 11:55 a.m.	12:00 to 12:40 p.m.					
Level A				Session 1	1500.300.	Session 1	1500.301			
				Session 2	1500.302	Session 2	1500.303			
				Session 3	1500.304	Session 3	1500.305			
				Session 4	1500.306	Session 4	1500.307			
Level 1	Session 1		1501.300.	Session 1	1501.301	Session 1	1501.302	Session 1	1501.303	
	Session 2		1501.304	Session 2	1501.305	Session 2	1501.306	Session 2	1501.307	
	Session 3		1501.308	Session 3	1501.309	Session 3	1501.310.	Session 3	1501.311	
	Session 4		1501.312	Session 4	1501.313	Session 4	1501.314	Session 4	1501.315	
Level 2	Session 1	1502.300.	Session 1	1502.301	Session 1	1502.302	Session 1	1502.303	Session 1	1502.304
	Session 2	1502.305	Session 2	1502.306	Session 2	1502.307	Session 2	1502.308	Session 2	1502.309
	Session 3	1502.310.	Session 3	1502.311	Session 3	1502.312	Session 3	1502.313	Session 3	1502.314
	Session 4	1502.315	Session 4	1502.316	Session 4	1502.317	Session 4	1502.318	Session 4	1502.319
Level 3	Session 1	1503.300.	Session 1	1503.301	Session 1	1503.302	Session 1	1503.303		
	Session 2	1503.304	Session 2	1503.305	Session 2	1503.306	Session 2	1503.307		
	Session 3	1503.308	Session 3	1503.309	Session 3	1503.310.	Session 3	1503.311		
	Session 4	1503.312	Session 4	1503.313	Session 4	1503.314	Session 4	1503.315		
Level 4	Session 1	1504.300.	Session 1	1504.301	Session 1	1504.302			Session 1	1504.303
	Session 2	1504.304	Session 2	1504.305	Session 2	1504.306			Session 2	1504.307
	Session 3	1504.308	Session 3	1504.309	Session 3	1504.310.			Session 3	1504.311
	Session 4	1504.312	Session 4	1504.313	Session 4	1504.314			Session 4	1504.315
Level 5	Session 1	1505.300.	Session 1	1505.301	Session 1	1505.302	Session 1	1505.303	Session 1	1505.304
	Session 2	1505.305	Session 2	1505.306	Session 2	1505.307	Session 2	1505.308	Session 2	1505.309
	Session 3	1505.310.	Session 3	1505.311	Session 3	1505.312	Session 3	1505.313	Session 3	1505.314
	Session 4	1505.315	Session 4	1505.316	Session 4	1505.317	Session 4	1505.318	Session 4	1505.319
Level 6	Session 1	1506.300.			Session 1	1506.301	Session 1	1506.302	Session 1	1506.303
	Session 2	1506.304			Session 2	1506.305	Session 2	1506.306	Session 2	1506.307
	Session 3	1506.308			Session 3	1506.309	Session 3	1506.310.	Session 3	1506.311
	Session 4	1506.312			Session 4	1506.313	Session 4	1506.314	Session 4	1503.315

DIVE INTO SUMMER

"Dive-In" Movies

Swim Lessons

Open Swim

\$65/2 Week Session

Session 1 = June 6 - June 16
Session 2 = June 20 - June 30

Session 3 = July 5 - July 14
Session 4 = July 18 - July 28

CITY OF LA HABRA, RECREATION DIVISION

101 W. La Habra Blvd., La Habra, CA 90631
562-383-4205

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Level A
Parent and
Child

Level 1
Intro to
Water
Skills

Level 2
Fundamental
Aquatic
Skills

Level 3
Stroke
Development

Level 4
Stroke
Improvement

Level 5
Stroke
Refinement

Level 6
(Overview of all three
versions of Level 6:
Fitness Swimmer,
Personal Safety,
Fundamentals of Diving)

CLASS PREVIEWES

Level A - Parent and Child

- Learn to love the water
- Games and songs to help adjust to water
- Parents help to learn and play

Level 1 - Intro to Water Skills

- Swim 5 feet independently on front and back
- Open eyes underwater
- Float on front and back
- Explore chest-deep water
- Use life-jackets

Level 2 - Fundamental Aquatic Skills

- Swim 15 feet independently on front and back
- Pick up underwater objects in shallow water
- Learn simultaneous stroke patterns
- Tread water in chest deep water

Level 3 - Stroke Development

- Swim 15 yards independently on front and back
- Rotary breathing while swimming
- Butterfly stroke, tread water in deep water, jump into deep water

Level 4 - Stroke Improvement

- Swim 25 yards independently on front and back
- Breaststroke and elementary backstroke
- Dive from the poolside
- Swim underwater
- Open turns during lap swim
- Float in deep water and alternate treading patterns

Level 5 - Stroke Refinement

- Swim 50 yards independently on front and back
- Sidestroke
- Shallow diving
- Tread water for 2 minutes with alternate treading patterns
- Flip-turns during lap swim
- Survival floats for 2 minutes

Level 6 - (Overview of all three versions of Level 6: Fitness Swimmer or Personal Safety or Fundamentals of Diving)

- Swim 100 yards independently on front and back
- Swim 50 yards with all other strokes
- Use pull-buoys and fins
- Retrieve underwater objects from 7 feet deep
- Rescue techniques
- Water exercise
- Complete time swim assessment test

OPEN SWIM

The City of La Habra's pool facility at La Habra High School will be open to the public for recreational swim Monday-Thursday from 1:00 p.m.-3:00 p.m. and Friday from 9:00 a.m.-3:00 p.m., creating an opportunity for the community to use La Habra High School's pool, while under the safety of Lifeguard supervision. Participants are expected to follow pool rules, which will be on display on the pool deck, as well as briefly provided at the time of entry onto the pool deck.

Admission is \$2/Adults (18+years) and \$1/Kids (17 years and under)



Basic pool rules are as follows:

- No running on pool deck.
- No fighting/horseplay.
- No jumping backwards off the diving board.
- Must jump straight a head off the diving board.
- Small children must be accompanied by a responsible adult.
- Participants must wear proper swim attire in the pool. No street clothing or pajamas allowed in the pool.
- No toys or flotation devices allowed in the pool.



Dive-in Movies

June 24th	Norm of the North
July 29th	Finding Nemo
August 26th	Happy Feet

Gates open at 6:00 p.m., and food and beverages will be available for purchase. The movie screens at dusk, when participants can enjoy a family movie while relaxing in or around the pool. Certified lifeguards will be on duty throughout the evening. Admission is \$5 per person for all ages. Limited registration is available, so register early.