

# Spring Break Swimming Intensive Classes

During the week of Spring Break, March 22-26, SIGS will be offering Levels 1-5 a week of intensive classes. The classes will meet at the same time everyday Monday through Friday for 30 min. Each class will have a maximum of 4 students.



- **Level 1** will focus on water safety and comfort by learning to float and on how to propel them self through the water.
- **Level 2** will begin working on freestyle/frontcrawl stroke and becoming a more efficient swimmer.
- **Level 3** will continue to perfect the freestyle learned in 2 and work on learning to side breath affectively.
- **Level 4** will continue to focus on freestyle as well as learn backstoke.
- **Level 5** will perfect backstoke and learn competitive breast stroke.

Monday thru Friday:

10:00am Level 1  
10:30am Level 2  
11:00am Level 3  
11:30am Level 4  
12:00am Level 5

4:30pm Level 1  
5:00pm Level 2  
5:30pm Level 3  
6:00pm Level 4  
6:30pm Level 5



Call the SIGS office at  
(812) 949-7447 to enroll