

Swimming Lessons

REGISTRATION / SIGN-UPS

- June 29 thru July 15, 2026
- Payment Check only
- Week 1 residents
- Week 2 residents & non-residents

8 lessons: ½ hour each

Lesson dates:

July

15,16,20,22,23,27,29 & 30

**SIGN-UP
AT HOKEY
POOL 3-6 PM**

Lesson Times

Level #1 Beginners

8:30- 9:00 am

9:00 - 9:30 am

Level #2 Advanced

9:30 - 10:00 am

New for July

Parent / Tot Lessons

10:00 - 10:30 am

Parent needs to be in water with child

Limit 8 Tots

**\$125.00
FOR THE
8 LESSONS**



*** ALL LESSONS ARE 1ST COME/FIRST SERVE.

12 STUDENTS LEVEL 1

12 STUDENTS LEVEL 2

WITH QUESTIONS EMAIL:

RECREATION@WHITEHALLTWPPA.GOV

Whitehall Swim Lesson Summary

Lessons are beginner-level only

Skills are taught in a progressive format that is built through each level

Level 1

- First-time swim students new-to-water
- Students who are unable to submerge or float independently
- The goal is to achieve partial submersion and support floating (front and back)
- The next goal is full submersion and independent floating (front and back)
- Students will also learn front/back kicks and glides

Level 2

- Students who can fully submerge and float independently (front/back)
- Students will improve front/back kicks and glides
- Introduction to freestyle and backstroke
- The goal is to swim freestyle and backstroke half a width of the pool.
- The final goal is to swim freestyle and backstroke the full width of the pool.

*****Safety skills will be taught at all levels*****

The student will complete a skill checklist to move through the groups and levels within the group.

There is no pass/fail.