

Water Safety & Swim Lessons

Longhorn Activity Center

5350 Basswood Blvd, Fort Worth, TX 76137

Sessions



Each session includes:

Water Safety Trained Instructor

Eight (8) Classes 30-45 minutes in length.

Classes are held Mon – Thur with Fridays as
Weather Make Up days

Mon-Thursday

- ❑ June 5 – June 15
- ❑ June 19 – June 29
- ❑ July 3 – July 13 (will not meet on July 4)
- ❑ July 17– July 27
- ❑ July 31 – August 10

Levels

- ❑ Parent & Child
- ❑ Preschool (level 1-3): 3-5
- ❑ School Age (level 1-5): 6+



For more information call 817-231-8537

Class Schedule and Description

9:00	9:45	10:00	10:30	11:00	11:15
Minnows	Jellyfish	Sea Turtle	Parent/child	Shark	Froglets
Shark	Fingerlings	Minnows	Pollywogs	Sea Turtle	jellyfish
Pollywog	Parent Child		Tadpoles		Fingerlings

Parent/Child: Water Safety and drown prevention class 6 mo. – 36 mo.

Preschool (3 – 5 y/o):

- Pollywogs: No previous swim lessons
- Tadpoles: Comfortable with face in water can move forward underwater and some on top of water
- Froglets: Able to float, independently able to glide off wall, swim forward 10', jump in water, roll for breath

School-Aged (6+):

- Jellyfish: No previous swim lessons
- Fingerlings: Comfortable with face in water can move forward underwater and some on top of water
- Minnows: Able to swim on front and back with some form of crawl stroke arm movements
- Sea Turtles: Able to rotary breath, elementary back stroke, jump in deep water turn around and swim back to pool edge. Cannot perform breaststroke or dolphin kick
- Sharks: Able to swim crawl and backstroke 2 lengths of pool, able to kick some form of breaststroke or dolphin kick. Unable to perform open turns or flip turns

Name: _____ Phone #: _____

Email: _____ Child's Name: _____

Select Session:

Session 1 Session 2 Session 3 Session 4 Session 5

Select Time:

9:00 am 9:45 am 10:00 am 10:30 am 11:00 am 11:15 am

Select Class:

Parent/Child

Pre-School: Pollywog Tadpole Froglets

School Age Beginning: Jellyfish Fingerlings Minnows

School Age Advance: Sea Turtle Shark

Payments can be made via check to "Longhorn Council", cash or credit card. _____ *Please check here to be contacted for payment with credit card.

Please attach payment and mail to: lac@longhorn.org | P.O. Box 54190 | Hurst, TX 76054 Phone: 817-231-8537 Fax 817-231-8600