

Swimming Lessons

Lessons are conducted 5 days a week, weather permitting. Parent Aquatics Class, “Baby and Me,” is for Level 1 swimmers who need extra assistance. A parent or guardian must accompany swimmer in the water. Level 1 is for beginners. Students will learn how to enter the water and feel comfortable. Level 6 is for advanced swimmers. Students swim a minimum of 500 yards daily. This lesson is conducted like a swim practice. The cost of the two week session is \$47.00, which covers the Red Cross certification card upon completion. Any questions regarding lessons, please call Palmyra Township at 226-2230 (Ext. 102) or the Palmyra Township Beach at 226-9290 during beach operation hours (Memorial Day to Labor Day 10AM to 6PM).

Session #1	Monday, June 17 th – Friday, June 28 th
Session #2	Monday, July 1 st – Friday, July 12 th No Lessons July 4 th
Session #3	Monday, July 15 th – Friday, July 26 th
Session #4	Monday, July 29 th – Friday, August 9 th

Palmyra Township Public Beach on Lake Wallenpaupack offers lifeguards on duty, snack bar, picnic area with BBQ's, and volleyball. Open to the public seven (7) days a week from 10 AM to 6 PM (weather permitting). The beach is located on Route 6 – opposite Sandy Beach Motel and behind the Wallenpaupack Visitors Center.

Time/Level for Summer 2013

Level 6 – (Advanced)	10:30 – 11:30 AM
Level 5	10:30 – 11:15 AM
Level 4	12:30 – 1:15 PM
Level 3	1:15 – 2:00 PM
Level 2	2:00 – 2:45 PM
Level 1 – (Beginners)	2:45 – 3:30 PM
Parent Aquatics “Baby and Me”	3:30 – 4:00 PM

Registration for swim lessons can be accepted at any time. You may mail the registration forms and checks prior to the start of the sessions, visit the Palmyra Township Beach prior to the start of lessons, or sign up as lessons begin. Below you will find the registration form. Please complete a separate form for each child you are registering. **Any questions regarding the swim/lesson program please call 226-2230 (Ext. 102) or 226-9290. Please make checks payable to “Palmyra Township.”**

Childs Name: _____

Parent/Guardian Name: _____

Address: _____

Email: _____ Phone: _____ Other Phone: _____

Age: _____ Level: _____ Session: _____

**Send checks and completed registration to: PalmyraTownship/Pike County
115 Buehler Lane
Paupack, PA 18451.**