

SWIM FOR SADIE



GIVING KIDS THE GIFT OF SWIMMING

SWIM FOR SADIE

FREE SWIM LESSONS KINDERGARTEN - GRADE 2

Swim for Sadie is a new swim lesson program for students in grades K - 2. These lessons are completely free of charge: The program is funded by the Swim for Sadie Memorial Fund, created in honor of Sadie Cate Deeble.

This program is open to kids who are...

- Enrolled in Harrisonburg City Public Schools
- Rising kindergarteners, 1st graders, or 2nd graders

Morning swim lessons will be Monday - Thursday for two weeks. Evening swim lessons will be Mondays and Wednesdays for four weeks.


Information about swim lesson levels (1, 2, and 3) and session dates is located on the following pages.

REGISTER AT OUR KICK-OFF EVENT

Registration will take place **in-person** at our Swim for Sadie kick-off event. For this first year of the program, registration will **highly prioritize families with current 2nd graders** as this is the only opportunity current 2nd graders will have to participate before becoming ineligible (upon entering 3rd grade). Other than prioritizing families with 2nd graders, registration will be on a first come, first served basis. Eligible participants can register for 1 Swim for Sadie session per season.

 Friday, May 29, 2026

 5:00pm - 8:00pm

 Westover Pool (305 S. Dogwood Drive)

After in-person registration at our Swim for Sadie kick-off event, any remaining spots will be opened for online registration through WebTrac:

 Webtrac.HarrisonburgVA.gov/WebTrac/Web/Splash.html

Please note: Signing up for a swim level that does not closely match your child's skill set could result in removal from the class. Our goal is to ensure that the learning environment is as safe as possible for all students, and that our swim instructors can deliver the most effective lessons.



SWIM LEVELS & SESSIONS

1

Level 1 is for non-swimming kids who will work toward mastering fundamental water safety, floating, moving in chest-deep water, and basic swimming.

If your child is ready for Level 1, they would exhibit the following skills:

- Enters the water
- Blows bubbles (mouth in the water)
- Swims forward, face down (1-2 body lengths)
- Has little-to-no arm or leg movements in the water
- Or, none of the above

Activity Number	Days	Dates	Times
#211111A1	M - Th	June 15 - June 25	11:15am - 11:45am
#211111B1	M - Th	June 29 - July 9	10:30am - 11:00am
#211111C1	M - Th	July 13 - July 23	10:30am - 11:00am
#211111D1	M - Th	July 27 - Aug. 6	11:15am - 11:45am
#211111E1	M, W	June 15 - July 8	5:00pm - 5:30pm
#211111E2	M, W	June 15 - July 8	5:00pm - 5:30pm
#211111E3	M, W	June 15 - July 8	5:45pm - 6:15pm
#211111E4	M, W	June 15 - July 8	5:45pm - 6:15pm
#211111E5	M, W	June 15 - July 8	6:30pm - 7:00pm
#211111F1	M, W	July 13 - Aug. 5	5:00pm - 5:30pm
#211111F2	M, W	July 13 - Aug. 5	5:00pm - 5:30pm
#211111F3	M, W	July 13 - Aug. 5	5:45pm - 6:15pm
#211111F4	M, W	July 13 - Aug. 5	6:30pm - 7:00pm

2

Level 2 is for swimming kids who are comfortable in the water. Students will work toward mastering front crawl, back crawl, and floating. They will build more confidence in the water and learn water safety skills.

If your child is ready for level 2, they would exhibit the following skills:

- Blows bubbles (full face in the water)
- Swims forward, face down (10 - 20 feet)
- Some alternating arm movements (front crawl)
- Some alternating leg movements (flutter kick)
- Some ability to float on back (5 - 10 seconds)

Activity Number	Days	Dates	Times
#211112A1	M - Th	June 15 - June 25	10:30am - 11:00am
#211112B1	M - Th	June 29 - July 9	11:15am - 11:45am
#211112C1	M - Th	July 13 - July 23	9:45am - 10:15am
#211112D1	M - Th	July 27 - Aug. 6	10:30am - 11:00am
#211112E1	M, W	June 15 - July 8	5:00pm - 5:30pm
#211112E2	M, W	June 15 - July 8	5:45pm - 6:15pm
#211112E3	M, W	June 15 - July 8	6:30pm - 7:00pm
#211112F1	M, W	July 13 - Aug. 5	5:00pm - 5:30pm
#211112F2	M, W	July 13 - Aug. 5	5:45pm - 6:15pm
#211112F3	M, W	July 13 - Aug. 5	6:30pm - 7:00pm

3

Level 3 is for kids who can already swim the length of the pool and want to learn more. Students will hone their techniques for front and back crawl, build endurance, and get an introduction to breaststroke, treading water, and personal water safety.

If your child is ready for Level 3, they would exhibit the following skills:

- Blows bubbles (completely submerged underwater)
- Swims forward, face down (30+ feet)
- Coordinated alternating arm movements (front crawl)
- Coordinated alternating leg movements (flutter kick)
- Some ability to tread in place (5 - 10 seconds)

Activity Number	Days	Dates	Times
#211113A1	M - Th	June 15 - June 25	9:45am - 10:15am
#211113B1	M - Th	June 29 - July 9	9:45am - 10:15am
#211113C1	M - Th	July 13 - July 23	11:15am - 11:45am
#211113D1	M - Th	July 27 - Aug. 6	9:45am - 10:15am
#211113E1	M, W	June 15 - July 8	6:30pm - 7:00pm
#211113F1	M, W	July 13 - Aug. 5	5:45pm - 6:15pm
#211113F2	M, W	July 13 - Aug. 5	6:30pm - 7:00pm

“SWIM FOR SADIE” HONORS SADIE CATE DEEBLE

Sadie Cate Deeble epitomized the saying that “good things come in small packages.” Although small in stature, her presence was huge. Sadie had a smile for everyone, had boundless energy, and found joy in everything that she did. Swimming was a significant part of Sadie’s life. She was a cheerleader, a consoler, a ringleader, a storyteller, and anything else her teammates and friends needed.

On October 25, 2022, Sadie passed away from sudden cardiac arrest. With her passing, her family and our community lost a precious light. The Swim for Sadie Memorial Fund was created from donations made by family and friends, in the hopes that Sadie’s memory will continue to bring her sunshine to our community.

The Swim for Sadie Program will provide free swim lessons for any Harrisonburg City Public Schools student in grades kindergarten through second. We hope that other children will discover a love of swimming, make friends, and have fun, all while learning a skill that will help keep them healthy and safe. This is one way that Sadie’s light can continue to shine.

