

Swim Lessons

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| Morning Sessions - 30 Minutes Mon-Fri, 9:35am - 12:30pm Session 1: 6/21-7/1 Session 2: 7/5-7/16 Session 3: 7/19-7/30 Session 4: 8/2-8/13 Session 5: 8/16-8/27 | Swim Lessons: \$51.50 Private Lessons: \$20.75 Registration begins: April 20, 2020 | Evening Sessions - 30 Minutes Tues. & Thurs., 5:30-7:30pm Session 1: 6/22-7/22 Session 2: 7/27-8/26 |
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Tadpole (Parent/Infant, Ages 6 months - 2 years)

Parents must get in the water with their child and participate in helping them become comfortable with being in the water.

Preschool Ages 3-5

Guppy (Pre 1) - Students will become comfortable in the water. Students will learn to get their face wet, listen to their instructors and transition off the tot dock safely.

Goldfish (Pre 2) - Students will become more independent in water. Students will be able to fully submerge, enter/exit pool without support and willingly TRY new skills unsupported.

Clownfish (Pre 3) - Students will learn independent swimming skills and techniques. Students required to float/glide unsupported, exhale through nose while submerged, jump into deep water, front crawl 2 yards.

Starfish (Pre 4) - Ongoing transitional class designed to adapt students' aquatic abilities. Students will learn to tread water for 30 seconds, transition directly to 25 yard front crawl, retrieve an object from 3 feet depth and transition comfortably to the deep end of lap pool.

Levels 1-6

Level 1 - Students must pass: (1) Enter water independently, spider-man crawl 5 yards, submerge 3 times, exit water and (2) Front glide 2 body lengths, roll to back, float 3 seconds, recover to vertical (supported).

Level 2 - Students become independent in water. Float/glide without assistance, swim using front crawl for 5 body lengths, jump into pool, surface and back float/return to wall.

Level 3 - Students begin stroke work, including front crawl with rhythmic breathing, diving and treading water. Students often take this class more than once.

Level 4 - Expand stroke development, build on front crawl and elementary backstroke. Breaststroke introduced. Enter from an elevated height.

Level 5 - Stroke refinement. Surface diving and shallow angle dives.

Level 6 - Refine strokes, butterfly introduced. Paddles, fins, pace clocks, starting blocks introduced. First aid, equipment, entries and rescue skills. Successful completion required to participate in Jr. Lifeguard program.

