



## Swim Lessons – Fall 2021

### **\*Fall 1: Aug. 10th – Sept. 2nd**

**Tuesday & Thursday**

**Swim Basics/Swim Strokes:**

10:00-10:30a (Swim Basics ONLY)  
4:00-4:30p • 5:00-5:30p • 6:00-6:30p

**Parent/Child:**

6:00-6:30p

**Adult:**

6:30-7:00p

\*Registration begins July 30th, 2021

\*Late Fee begins August 6th, 2021

### **\*Fall 2: Sept. 7th – Sept. 30th**

**Tuesday & Thursday:**

**Swim Basics/Swim Strokes:**

10:00a-10:30a (Swim Basics ONLY)  
4:00p-4:30p • 5:00p-5:30p • 6:00-6:30p

**Parent/Child:**

6:00-6:30p

**Adult:**

6:30-7:00p

\*Registration begins August 13th, 2021

\*Late Fee begins September 3rd, 2021

The levels for swim lessons are broken into two groups: **Swim Basics** and **Swim Strokes**. When choosing the proper level for your child take into consideration our swim test. If your child has passed the YELLOW swim test (which involves jumping in, treading water for 10 seconds, then swimming 15yards) or the equivalent, he/she would qualify for the Swim Strokes level.

### **FEES:**

Member- \$50.00  
Non-Member- \$70.00

### **AGES:**

Parent/Child: 6months-3yrs  
Swim Basics/Swim Strokes: 3yrs-15yrs  
Adult: 13yrs+

### **\*Saturday PARENT CHILD Class @ 9:00am\***

Fall 1: August 7th, 14th, 21st, 28th

Fall 2: September 4th, 11th, 18th, October 2nd

Members-\$30.00

Non-Members-\$35.00

## SWIM BASICS

### **Level 1: Water Acclimation**

This stage increases the students comfort with underwater exploration and introduces basic self-rescue skills. Students will focus on:

- \*Exploring the aquatic environment and personal skills with instructor help
- \*Develop basic skills to propel and glide through the water with instructor help
- \*Learn basic aquatic safety and accept some of the responsibility for safe practices

### **Level 2: Water Movement**

This stage focuses on forward movement in the water and basic self-rescue skills performed independently. Students will focus on:

- \*Exploring the aquatic environment and personal skills without instructor help
- \*Develop basic skills to propel and glide through the water without instructor help
- \*Learn basic aquatic safety and accept some of the responsibility for safe practices

### **Level 3: Water Stamina**

This stage develops intermediate self-rescue skills performed at longer distances. Students will focus on:

- \*Integrating arm action, leg action, and rhythmic breathing in back and front glides.
- \*Developing forward movement on front and back.
- \*Practice skills and safety techniques in deep water.

## SWIM STROKES

### **Level 4: Stroke Introduction**

This stage introduces front crawl and back crawl and reinforces water safety through treading water and elementary backstroke. Students will focus on:

- \*Developing the front and back crawl.
- \*Introducing components of breaststroke and butterfly.
- \*Practicing safety techniques in deep water.

### **Level 5: Stroke Development**

This stage introduces breaststroke and butterfly and reinforces water safety through treading water and side stroke. Students will focus on:

- \*Developing stamina in the front crawl and back crawl.
- \*Developing the breaststroke and butterfly.
- \*Building endurance techniques for deep water safety.

### **Level 6: Stroke Mechanics**

This stage refines stroke technique on all major competitive strokes and encourages swimming as part of a healthy lifestyle. Students will focus on:

- \*Developing endurance in the competitive strokes.
- \*Developing skills related to competitive swimming like flip turns.

## PARENT CHILD

### **Level A: Water Discovery**

This stage introduces infants and toddlers to the aquatic environment. This class will focus on:

- \*Encouraging parents to set developmentally appropriate expectations for infants and toddlers.
- \*Introducing and emphasizing basic water safety to parents and providing a positive experience.

### **Level B: Water Exploration**

This stage children focus on body position, blowing bubbles and fundamental safety. This class will focus on:

- \*Encouraging children to move purposefully in the water in response to visual and verbal cues using toys and flotation devices.
- \*Emphasizing basic aquatic safety to parents.

