



Swim Lessons – Fall 2021

***Fall 3: Oct. 5th – Oct. 28th**

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 September 10, 2021

*Late Fee begins October 1, 2021

***Fall 4: Nov. 2nd – Nov. 23rd**

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 October 8, 2021

*Late Fee begins October 29, 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 3: October 9th, 16th, 23rd, 30th

Fall 4: November 6th, 20th, 27th, December 4th

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.

