



Swim Lessons – December 2021

*Winter 2: November 29th—December 9th

Monday thru Thursday :

Swim Basics/Swim Strokes:

10:00a-10:30a (Swim Basics Only)

4:00p-4:30p • 5:00p-5:30p • 6:00-6:30p

NO PARENT CHILD OR ADULT OFFERED DURING THIS SESSION

The levels for swim lessons are now 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+

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.

