



## Swim Lessons – Spring 2022

### \*Spring 3: May 3rd—26th

#### 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

\*Registration begins April 1st and ends  
May 2nd

\*Late Fee begins April 29th

#### Adult:

6:30-7:00p

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.

**\*\*\*Due to high demand for swim lessons, we can not offer makeups or refunds to individual participants for missed sessions.**

#### **FEES:**

Member- \$55.00

Non-Member- \$75.00

#### **AGES:**

Parent/Child: 6months-3yrs

Swim Basics/Swim Strokes: 3yrs-15yrs

Adult: 13yrs+

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

Spring 3: May 14th, 21st, 28th, June 4th

Members-\$30.00

Non-Members-\$40.00

## 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.

