

Fall 2015 New Lesson Levels

Parent and Child- 6mo-3 years

The Parent and Child class is designed to help your child feel comfortable in the water at an early age. The child becomes acclimated to the sights and sounds of the pool and is introduced to kicking, blowing bubbles, floating, and general water movement through the use of games and toys. You, the parent, are the teacher – with hints and ideas from the instructor, who will guide you and your child through a positive experience.

Preschool Levels-Ages 3-5

This group lesson, without parents, is designed to teach water safety and respect for the water. The physical skills they learn will help them develop an awareness of their own bodies, acquire a feeling of independence, gain a sense of success and increase their self-esteem.

Preschool Level 1 (guppy): Beginner swimmers who are not comfortable in the water. All Children must start here, unless they have prior approval from a previous swim instructor. Children will be introduced to the following skills: bubbles nose/mouth, submerging head, front/back float and front/back glide assisted.

Preschool Level 2 (Starfish): Advanced Level. Approval from prior swim instructor needed. Children will complete the following skills: Unassisted front/ back float, front/back Glide, Front Crawl and Back Crawl.

Preschool Level 3 (Seahorse): Advanced Level. Approval from prior swim instructor needed. Children will be introduced to the following skills: retrieving object from bottom, Intro to elementary Backstroke, breathing incorporation.

Preschool Level 4 (Octopus): Advanced Level. Approval from prior swim instructor needed. Children will be introduced to the following skills: Swimming in Deep Water, Treading Water, Butterfly, Breaststroke, sidestroke

Youth swim Lessons- Ages 6-12

This is a six-level program designed so that each level builds upon the preceding one. Personal progress reports are provided at the end of each session.

Youth Level 1 (Clownfish): Beginner swimmers who are not comfortable in the water. All Children 6-12 must start here, unless they have prior approval from a previous swim instructor. Children will complete the following skills: bubbles nose/mouth, submerging head, front/back float, front/back glides and push off wall-paddle (5 strokes).

Youth Level 2 (Jellyfish): Advanced Level. Approval from prior swim instructor needed. Children will complete the following skills: retrieving object from bottom, Elementary Backstroke, Front Crawl(3/4 length), Back crawl(3/4 length), and side breathing intro.

Youth Level 3 (Turtle) : Advanced Level. Approval from prior swim instructor needed. Children will complete the following skills: Front Crawl 50yds, Back Crawl 50yds, Breaststroke 25yds, scissor kick, Sidestroke arms, and Front crawl with rhythmic breathing.

Youth Level 4 (Dolphin): Advanced Level. Approval from prior swim instructor needed. Children will complete the following skills: Frontcrawl 50yds, Breaststroke 50 yds, Sidestroke 50 yds, Backstroke 75yds, Elementary Backstroke 75yds, Butterfly 25yds

Youth Level 5 (Whale): Advanced Level. Approval from prior swim instructor needed. Children will complete the following skills: Frontcrawl with Rhythmic Breathing 100yds, Breaststroke 100yds, Sidestroke 100yds, Backstroke 100yds, Elementary Backstroke 75yds, Butterfly 25yds, Treading Water.

Youth Level 6 (Shark): Advanced Level. Approval from prior swim instructor needed. Children will complete the following skills: Front crawl with Rhythmic Breathing 100yds, Breaststroke 100yds, Sidestroke 100yds, Backstroke 100yds, Elementary Backstroke 75yds, Butterfly 25yds, Treading Water, Surface Dive and Underwater Swimming, flip turns.

Teen & Adult Lessons- Ages 13+

Learn how to swim or improve your swim skills. A class for beginners and non-beginners. Advanced swimmers must be able to do the following: two-minute tread, 10 relaxed bobs, front and back floats, swim 25 yard front crawl, and feel comfortable in deep water.