

## SWIM LESSON CLASS DESCRIPTIONS

### WATER BABIES

Ages: 6 months-3 years

This is a FUN introduction to the water. Participants will work on a variety of skills in a casual setting. Water adjustment and beginner skills such as blowing bubbles, going underwater, jump-ins, floating, kicking and scooping will be introduced to students as well as parents. The program is designed to use games and learn songs to teach you to work with your child on water adjustment and introductory skills. ***Parent participation in the water is required. One child per parent only. A Water diaper is required for children that are not potty-trained. No lifejackets on children.***

### GUPPIES

Ages: 3-5

Offered in the shallow end near the steps. Beginning skills, no prior swimming knowledge necessary. Working on being comfortable in the water through games, skills, and imagination. Skills covered include supported floating, kicking, using a kickboard, blowing bubbles, jump-ins, and going underwater. Students will also learn how to enter and exit the pool safely. ***Parents are not allowed to enter water with kids.***

### SEA OTTERS

Ages: 3-5

Offered in shallow end near the side of the stairs. Children must be comfortable going underwater on their own. Students will learn how to glide on their own and float unsupported. Elementary backstroke and front crawl will be introduced. ***Prerequisite: Students must be able to go underwater unsupported.***

### Dolphins

Ages: 3-5

Offered in water around 4ft or deeper. Students will learn to swim farther distances, side breathe, swim underwater, turn over on their own from front to back, jump-ins, and be introduced to back crawl. All unsupported by the instructor. ***Prerequisite: Students must be able to float on front and back unsupported. Students must be able to swim 5 yards of front crawl and kick unsupported.***

### LEVEL 1

Ages: 6-12

Offered in water 3ft or deeper. Beginning skill, *no prior swimming knowledge necessary*. Classes will be focused around water adjustment learning to float on their front and back, kicking with and without a kickboard, front crawl, back crawl, jump-ins, and elementary backstroke. Students will also learn how to enter and exit the pool safely.

## **LEVEL 2**

Ages: 6-12

Offered in water 4ft or deeper. Classes will focus on side breathing as well as the technique for front crawl, jumping into deep water, back crawl, and elementary backstroke. Students will be introduced to diving as space permits. **Prerequisite: Students must be able to swim 5 yards on their front and back unsupported.**

## **LEVEL 3**

Ages: 6-12

Offered in deep end of pool if space permits. Students will focus on refining side breathing, as well as back crawl. Students will also begin to learn the breaststroke kick and dolphin kick. Practice more diving skills as space permits. **Prerequisite: Students must be able to swim front and back crawl 10 yards.**

## **LEVEL 4**

Ages: 6-12

Students will learn breaststroke arms and how to coordinate with the kick, as well as an introduction to butterfly. They will learn how to tread water as well as how to do a standing dive, all while focusing on technique for front crawl and back crawl. **Prerequisite: Students must be able to swim 25 yards of front crawl with side breathing and back crawl.**

## **PRIVATE SWIM LESSONS**

Ages: 3+

Set of four 25 minute private lessons.

## **ADULT & TEEN**

No previous water experience is required for this class. This program is designed for older teens and adults. Our program gives adult and teen swimmers at every level the opportunity to improve their skills in a safe environment and under the guidance of a trained instructor. This program allows swimmers to progress at their own pace. Beginners can learn basic swimming strokes and skills needed to stay safe in and around the water, while more advanced swimmers can gain proficiency in basic aquatic skills and mastering of competitive swimming strokes. Sessions run every two weeks! Sign up early as space is limited.

Ages: 13+

### **SWIMMING ENDURANCE & TECHNIQUE**

These classes are designed to increase the effectiveness and efficiency of competitive swimming strokes. Swimmers will participate in drills and games that focus on the details of each stroke. Sessions run every two weeks! Sign up early as space is limited. Prerequisite: Students must be able to swim 25 yards using any two competitive strokes.

Ages: 8-18

### **JUNIOR LIFEGUARD/SWIM AIDE**

Does your teen love swimming, enjoys kids and needs to stay busy this summer? Sign them up to be a JUNIOR LIFEGUARD / SWIM AIDE! Junior Lifeguards/Swim Aides will participate in trainings with lifeguards and swim instructors to learn basic life saving techniques and how to excel in, and around, the pool. In their capacity as a Swim Aide, participants will assist swim instructors in the water during two week sessions of swim lessons. In their capacity as a Junior Lifeguard, participants will be given several opportunities throughout the summer to attend guided trainings with our certified Lifeguard staff. All participants will take a mandatory 50 yard swim test utilizing either front crawl or breaststroke on the first day of training. Space is limited and on a first-come, first-served registration basis!

Ages: 12-16