

SWIM LESSON PROGRAM OVERVIEW

NOT SURE WHAT LEVEL IS RIGHT FOR YOUR CHILD?

	CLASS DESCRIPTION	SKILLS
LEVEL 0: FROGS & TADPOLES 	Parent & Child Water Acclimation —Parent and child (9-36 months old) will learn to enjoy the water together in this class. Parent (or responsible adult) and child will become acclimated to the water through games and songs while in a group setting. Parent will learn key safety tools to use at a pool or near water.	Water acclimation, movement through water, floating in water, blowing bubbles, proper use of flotation devices.
LEVEL 1: FLOUNDER 	Water Acclimation, Submersion, Air Exchange —Child will become acclimated to the water through games and will learn basic safety skills in addition to water submersion and floating with support.	Assisted front float, assisted back float, introduction to bobs, bubbles from nose/mouth, independent movement in water.
LEVEL 2: JELLYFISH 	Body Position, Forward Momentum —Child will expand on the skills learned in the Flounder class and learn to be in the water unassisted in both front and back positions while learning to propel themselves through the water using either arms or legs.	Front/back float (5 sec), front/back glide (5 sec), streamline, recovery, bobs, propulsive kicking, propulsive arms, sit dives.
LEVEL 3: OCTOPUS 	Coordination, Strong Flutter Kick, Introduction to Competitive Kicks —Child will learn fundamental freestyle and backstroke skills with emphasis placed on the coordination and timing of the strokes as well as the development of a strong flutter kick.	Novice freestyle, novice backstroke, elementary backstroke, side glide, treading (10 sec), kneel dive, introduction to butterfly and breaststroke kick.
LEVEL 4: CLAM 	Stroke Refinement (Freestyle & Backstroke), Introduction to Competitive Strokes —Child will work to improve their freestyle and backstroke while learning all 4 competitive strokes. Emphasis will be placed on developing strokes that are swim meet legal.	25 meter freestyle, 25 meter backstroke, strong kicks, novice butterfly, novice breaststroke, treading (1 min), standing dive, surface dive, introduction to flip turns.
LEVEL 5: SEAHORSE 	Stroke Refinement, Endurance —Child will refine all 4 competitive strokes while gradually increasing strength and endurance in each stroke. The ultimate goal is to swim each of the four competitive strokes legally for the specified distance.	50 meter freestyle, 50 meter backstroke, 25 meter butterfly, 25 meter breaststroke, 100 meter continuous swim, tread/swim/tread, eggbeater kick, flip turns.

HOW TO MAKE THE MOST OUT OF SWIM LESSONS:

Arrive on time and ready for lessons.



Wear a well-fitted swimsuit that is appropriate for lessons.

Children who are not potty-trained must wear a swim diaper while in the pool.

To keep hair away from the face, children with long hair should use a hair tie or wear a swim cap.

Swim goggles (not a snorkel or mask) may be used by children in the Intermediate class.