

Swim Info

Children must perform all skills proficiently and consistently to advance to the next level. If your child has not had a lesson for a year and seldom swims, he/she should repeat the last class taken even if s/he passed that level.

Level 1: Water Exploration (*Starfish*)

- ___ Walk through water comfortably
- ___ Submerge face and blow bubbles
- ___ Bob 5 times using wall or other support
- ___ Float on front (supported)
- ___ Float on back (supported)
- ___ Face float independently on front
- ___ On back winging and kicking (10')
- ___ On front using tall arms and kicking (10')
- ___ Wear life jacket and enter shallow water
- ___ H.E.L.P position

Level 2: Primary Skills (*Jellyfish*)

- ___ Bob 10 times underwater
- ___ Retrieve underwater objects w/ head submerged
- ___ Front float and glide (unsupported)
- ___ Back float and glide (unsupported)
- ___ Breathing & blowing on front w/ kickboard (20')
- ___ Kicking & winging on back (20')
- ___ Tall arms w/ breathing every 4th stroke (20')
- ___ Swim 4 strokes on front, roll onto back & float
- ___ Jump from side of pool
- ___ Huddle
- ___ Float in deep water with life jacket (1 minute)

Level 3: Stroke readiness (*Goldfish*)

- ___ Retrieve objects in chest deep water
- ___ Bob in water slightly over head
- ___ streamline kicking on front (10 yards)
- ___ kicking and winging on back (10 yards)
- ___ Kicking & side breathing w/ kickboard (10 yds)
- ___ Crawl stroke on front with breathing to side (10 yds)
- ___ Backstroke w/ straight arms (10 yds)
- ___ Jump into deep water from side of pool, recover and swim tall arms for (10 yds)
- ___ Kneeling dive from side of pool
- ___ Swim underwater for (10')
- ___ Treading water 30 seconds
- ___ Jump into deep water wearing a life jacket
- ___ boating & cold water safety

Level 4: Stroke Development (*Seahorse*)

- ___ Deep water bobbing using a scull
- ___ Kneeling dive from side of pool
- ___ Standing dive from side of pool
- ___ Crawl stroke with side breathing (25 yards)
- ___ Backstroke (25 yards)
- ___ Elementary Backstroke (arms___ legs___)
- ___ Intro to breaststroke
- ___ Swim underwater (10')
- ___ Tread water (45 sec.)
- ___ Reaching assists
- ___ Survival float (30 sec.)

Level 5: Stroke Refinement (*Dolphin*)

- ___ Alternate side breathing
- ___ Standing dive with underwater swim for 15 feet
- ___ Front Crawl with side breathing (50 yards)
- ___ Backstroke (50 yards)
- ___ Elementary Backstroke (25 yards)
- ___ Breaststroke (___Kick ___Coordinated Stroke)
- ___ Butterfly (___kick ___Coordinated stroke)
- ___ Tread water (90 seconds)
- ___ Forward somersault
- ___ Put on a life jacket tossed as lifesaving measure
- ___ Prevention and detection of spinal injuries

Swim Lesson Sessions

Levels 1, 2, 3

- Mon–Fri, Jul 2–13, 9:40–10:10am, \$80
- Mon–Fri, Jul 2–13, 10:15–10:45am, \$80
- Mon–Fri, Jul 16–27, 9:40–10:10am, \$80
- Mon–Fri, Jul 16–27, 10:15–10:45am, \$80

Level 4

- Mon–Fri, Jul 2–13, 10:15–10:45am, \$80
- Mon–Fri, Jul 16–27, 10:15–10:45am, \$80

Level 5

- Mon–Fri, Jul 2–13, 9:40–10:10am, \$80
- Mon–Fri, Jul 16–27, 9:40–10:10am, \$80

Swim Club

Super Sixers & Bronze*

- M/W/F, Jun 20–Aug 1, 8:50–9:30am, \$130

Silver & Gold*

- M/W/F, Jun 20–Aug 1, 8:00–8:50am, \$130

*Contact Kristi Eager for info on levels at
keager6@gmail.com

Family Discounts

Must register in person or mail.

Swim Lessons

Child #1 – \$80 (Full Price)

Child #2+ - \$72 (10% off)

Swim Club

Child #1 – \$130 (Full Price)

Child #2+ - \$117 (10% off)

