



## Learn to Swim Classes 2010



### Parent & Me

Designed to adjust the youngster, aged 6 months to 3 years, who cannot touch the pool bottom in 3  $\frac{1}{2}$  feet of water, as well as to teach the parent the proper way to teach their tot swimming and water safety skills. There must be an adult in the water with each child. Classes will involve group activities such as songs and games, and also personalized instruction.

### Starfish (NEW! - Formerly Tadpoles and Eels)

Designed for children ages 3 and older, who are able to be away from their parents for the length of the class period. Participants will become orientated in the water; and bobbing, and the front glide, back glide, and the front and back glides with kicking action. **To Pass:** get entire face wet, be able to perform a front and back float with assistance, and be able to kick on front and back with assistance while being comfortable in at least 3 feet of water.

### Minnow

Designed for children 4 and up and who are able to be away from their parents for the length of the class period. Participants will learn to get their face wet, blow bubbles, hold their breath underwater, bob, float on their front, glide on front and back, glide with kick on front and back, and glide with arm stroke on front and back. **To Pass:** Submerge entire head, open eyes underwater and retrieve objects, perform a front and back float unassisted, perform front and back kicks, be able to swim front crawl 10 yards.

### Dolphin

Designed for children approximately 6 and up. Participants will learn to combined stroke with breathing on front and back while changing direction, turning over, jumping in and survival floating as well as sculling and finning. **To Pass:** perform front and back floats with recovery, jump into shallow water and recover, sculling on back, be able to swim back crawl 10 yards, be able to swim front crawl with rhythmic breathing 25 yards.

### Swordfish

Designed for children approximately 8 and up. The focus in this class is on improving the crawl stroke and backstroke, introduction to the elementary backstroke, the introduction of the breaststroke kick, treading water, changing positions, underwater swimming, and learning personal safety skills. **To Pass:** bob in water to safety, be able to swim elementary backstroke 25 yards, front crawl 50 yards, back crawl 50 yards, perform open wall turns, tread water for 1 minute, and perform diving skills. Endurance is stressed.

### Barracuda

Designed for children approximately 8 and up. Swimmers will refine all strokes learned in previous classes. Swimmers will be introduced to the sidestroke, breaststroke, wall turns, the standing front dive, and treading water with modified kicks. **To Pass:** bob in water to safety, perform a standing front dive, be able to swim 50 yards of elementary backstroke, front crawl, back crawl, breast stroke and sidestroke, perform flip turns and tread water with modified kicks for 3-5 minutes. Endurance is stressed.

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## Learn to Swim Classes 2010 continued...



### **Shark**

Designed for children approximately 9 and up. All strokes and entries that have been introduced thus far are improved. Increase the distance of all strokes and introduce butterfly. Surface dives, additional entries, and inverted scissors kick is introduced. **To Pass:** perform stride jump, hurtle dive, be able to swim 75 yards of breast stroke and sidestroke, 50 yards butterfly, 100 yards front crawl and back crawl. Building endurance is stressed.

### **Jr. Lifeguard**

Learn to become a guard! Work with our staff to learn rescue and scanning techniques. Designed for ages 12-14.

### **Adult/Teen**

Designed for participants approximately ages 14 and up. Class will be divided into groups dependent on levels. Learn stroke development and water safety in a safe and comfortable environment.