

# Swim Lessons

## at Richmond Plunge

1 E. Richmond Avenue

Course Title	Session Dates	Days	Classes	Times	Age	Cost	Location
<b>Jellyfish</b> (All Levels: 3-5 yrs)	A. 9/9-30 B. 10/7-28	Saturday	4	10:00-10:25am 10:30-10:55am 11:00-11:25am	3-5 years	\$48- resident \$60- non resident	Richmond Plunge
<b>Sea Turtles</b> (Level 1)	A. 9/9-30 B. 10/7-28	Saturday	4	10:00-10:25am 10:30-10:55am 11:00-11:25am 11:30-11:55am	6-12 years	\$48- resident \$60- non resident	Richmond Plunge
<b>Dolphins</b> (Level 2)	A. 9/9-30 B. 10/7-28	Saturday	4	10:00-10:25am 10:30-10:55am	6-12 years	\$48- resident \$60- non resident	Richmond Plunge
<b>Sharks</b> (Level 3)	A. 9/9-30 B. 10/7-28	Saturday	4	11:00-11:25am	6-12 years	\$48- resident \$60- non resident	Richmond Plunge
<b>Adult/Teen</b> (Beginner & Intermediate)	A. 9/9-30 B. 10/7-28	Saturday	4	11:30am-12:00pm	13+ years	\$40- resident \$50- non resident	Richmond Plunge

<b>Session</b>	<b>Ses A:</b> 9/9-30	<b>Ses B:</b> 10/7-28
<b>Registration Opens</b> <i>(starting at 8:30am for Richmond residents and 9:30am for non-residents)</i>	8/28	10/2

Please use the [Class Description](#) information to determine appropriate level of lessons for children's lessons.

Please register for a class that allows for reviewing skills if it's been some time since the last lesson.

**Limit of one class per person per session.** If you sign up for a class that is too advanced, your child may not be able to participate in that class for his/her own safety.

There are **no refunds, credits or transfers** for missed classes, or if you enroll in the wrong level, session or time.

Register online at [tinyurl.com/RichmondRecreation](http://tinyurl.com/RichmondRecreation) or in person (Mon-Fri 8:30am-4pm) at the Registration Office:

3230 Macdonald Ave. Call 510-620-6793 for assistance (no enrollments taken over the phone)

**Swim Lesson schedule subject to cancelation if staffing needs are insufficient for class instruction.**

**City of Richmond**  
**Swim Lesson Class Description**

These descriptions should help determine which level is right for your child's lessons. In order to move to another level, ALL skills must be met in the current level. Children 5 and under remain in the Jellyfish level, regardless of skill. Everyone progresses at their own pace, so do not register for the next level unless the instructor lets you know your child is ready. Questions? Ask our staff!

**JELLYFISH— Preschool/Kinder (3-5 years) ALL Levels**

The goal of Jellyfish is to learn basic personal water safety information skills, to help participants feel comfortable in the water and to enjoy the water safely. Students stay in Jellyfish until they are 6 years old, regardless of skill.

Focus: elementary aquatics skills, developing positive attitudes, good swimming habits and safe practices in and around the water

Skills (Most skills are performed with support)

- safely entering/exiting the water
- blowing bubbles
- Bobbing
- opening eyes underwater to retrieve submerged objects
- front and back floats and gliding
- alternating arm and leg action
- combined stroke movement

**SEA TURTLES– Level 1 (6-12 years) T**

The goal of Sea Turtle is to help swimmers achieve comfort in the water, learn fundamental skills and achieve success without support. This class will likely need to be repeated multiple times if your child has not attended prior swim lessons.

Focus: floating and gliding on front and back, developing simultaneous and alternating arm and leg actions, beginning fundamentals of side breathing, and laying a foundation for future strokes, all without instructor support

Exit Skills:

- 5 bobs
- Retrieve object in 3 ft. of water
- Front float for 5 sec. and recover
- Back float for 5 sec. and recover
- Roll from front float to back float
- Push off wall and kick in missile 5 yds.
- Front arm stroke and kick in missile 5 yds.
- Kick on back 5 yds.
- Elementary Backstroke

**DOLPHINS– Level 2 (6-12 years)**

The goal of Dolphin is to build on previously learned skills and develop participants' confidence in the strokes learned thus far and to improve other aquatic skills. Dolphin- Level 2 is for swimmers who are able to swim with combined stroke on front and back (without assistance). Students must be able to participate in class without being able to touch the bottom of the pool

Focus: making swimmers comfortable and safe in deep water, improve and increase endurance swimming familiar strokes.

Exit Skills

- 10 traveling bobs
- Retrieve object in 4 ½ ft. of water
- Front crawl with side breathing 20 yds.
- Back crawl 20 yds.
- Elementary backstroke 20 yds.
- Breaststroke kick 10 yds.
- Tread water for 30 sec.

**SHARKS- Level 3 (6-12 years)**

The goal of Shark is to coordinate and refine strokes so participants swim with more ease, efficiency, power, and smoothness over a greater distances to increase endurance. Shark is for swimmers who are competent in all strokes as well as basic diving techniques. Swimmers who pass all exit skills for Sharks may be ready for a swim team.

Focus: stroke techniques, incorporating flip turns, increasing their swimming distance and improving dive entries.

Exit Skills:

- Dive in
- Tread water for 1 minute
- Swim 50 yds. front crawl with flip turn
- Swim 50 yds. back crawl with flip turn
- 25 yds. breaststroke
- 25 yds. sidestroke

**TEEN/ADULT SWIM LESSONS (13-99 years)**

**To make progress and continue to improve, additional practice before, after or between classes should be planned. Drop-in swim or punch pass purchase are required for any out-of-class swim time.**

**Beginner Class:** The goal for the beginner class is to guide participants who have very little swimming experience to learn basic skills such as breath holding, floating, gliding, kicking and arm strokes.

**Advanced Beginner/Intermediate Class:** Intermediate class participants should be able to perform all the beginner-level skills. The focus will be on refining front crawl with side breathing and learning new strokes.