

# Swim Lessons Descriptions



AQUATICS

## JELLYFISH (3-5 YEARS OLD)

JELLYFISH IS A FUN INTRODUCTION FOR YOUR LITTLE ONE TO LEARN BASIC WATER SAFETY AND SKILLS IN A GROUP SETTING. JELLYFISH PARTICIPANTS ARE INTRODUCED TO THE WATER, TAUGHT SAFE WATER PRACTICES, AND ENTRY LEVEL SKILLS AT AN APPROPRIATE AGE LEVEL. JELLYFISH ARE FOR AGES 3-5 YEARS OLD.

**FOCUS:** ELEMENTARY WATER SKILLS, DEVELOPING COMFORT IN THE WATER, ENFORCING GOOD HABITS IN AND AROUND THE WATER.

### SKILLS TAUGHT:

- SAFELY ENTERING AND EXITING THE WATER
- BLOWING BUBBLES
- BOBBING
- OPENING EYES UNDER WATER AND RETRIEVING SUBMERGED OBJECTS
- FRONT AND BACK FLOATS (WITH SUPPORT)
- FRONT AND BACK GLIDE POSITION (WITH SUPPORT)
- ALTERNATING ARM AND LEG ACTION (WITH SUPPORT)

## SEA TURTLES

### LEVEL 1 (6-12 YEARS OLD)

SEA TURTLES IS AN INTRODUCTORY CLASS FOR CHILDREN AGES 6 AND UP. SEA TURTLES TEACHES YOUR CHILD WATER SAFETY, INTRODUCTORY SWIMMING SKILLS, AND LIMITED INDEPENDENCE IN SHALLOW WATER. PARTICIPANTS MAY BE RECOMMENDED TO REPEAT THIS LEVEL MULTIPLE TIMES UNTIL ALL EXIT SKILLS CAN BE COMPLETED INDEPENDENTLY.

**FOCUS:** ELEMENTARY WATER SKILLS, DEVELOPING INDEPENDENCE IN SHALLOW WATER, DEVELOPING GROSS MOTOR SKILLS, INCREASING CHILD'S COMFORT IN WATER, RHYTHMIC BREATHING, AND LAYING A FOUNDATION OF STROKES ON THE FRONT AND BACK FOR FUTURE LEVELS.

**EXIT SKILLS (NOTE: ALL SKILLS MUST BE PERFORMED INDEPENDENTLY IN ORDER TO MOVE UP TO THE NEXT LEVEL):**

- PERFORM 5 BOBS
- RETRIEVE SUBMERGED OBJECTS IN 3 FT OF WATER
- GET INTO A FRONT FLOAT INDEPENDENTLY, HOLD FOR 5 SECONDS, THEN RECOVER TO STANDING POSITION
- GET INTO A BACK FLOAT INDEPENDENTLY, HOLD FOR 5 SECONDS, THEN RECOVER TO STANDING POSITION
- ROLL FROM A FRONT FLOAT TO A BACK FLOAT, THEN FROM A BACK FLOAT TO A FRONT FLOAT.
- PUSH OFF THE WALL AND KICK IN GLIDE POSITION ON FRONT FOR 5 YARDS
- PUSH OFF WALL AND KICK IN GLIDE ON BACK FOR 5 YARDS
- PUSH OFF WALL AND PERFORM FRONT ARM STROKE AND KICK FOR 5 YARDS
- ELEMENTARY BACKSTROKE

## DOLPHINS

### LEVEL 2 (6-12 YEARS OLD)

DOLPHINS IS FOR SWIMMERS WHO ARE ALREADY COMFORTABLE IN THE WATER AND ARE PERFORMING BASIC SWIMMING SKILLS (SEE SEA TURTLES EXIT SKILLS). IN DOLPHINS, PARTICIPANTS REFINE THEIR STROKES, BUILD ENDURANCE, AND LEARN SAFETY AND INDEPENDENCE IN DEEP WATER. PARTICIPANTS MUST BE COMFORTABLE SWIMMING WITH THEIR FACE IN THE WATER, BE ABLE TO SWIM FOR 15 YARDS WITH COMBINED ARM AND LEG ACTION AND BE ABLE TO ORIENT THEMSELVES INTO A FLOATING POSITION AND RECOVER WITHOUT ASSISTANCE.

**FOCUS:** TEACHING SWIMMERS COMFORT, SAFETY, AND INDEPENDENCE IN DEEP WATER. INCREASING ENDURANCE, REFINING EXISTING SWIM SKILLS, AND TEACHING MORE COMPLEX STROKES. **EXIT SKILLS (NOTE: ALL SKILLS MUST BE PERFORMED INDEPENDENTLY IN ORDER TO MOVE UP TO THE NEXT LEVEL):**

- PERFORM 10 TRAVELLING BOBS
- RETRIEVE SUBMERGED OBJECT IN 4½ FT OF WATER
- FRONT CRAWL WITH SIDE BREATHING FOR 20 YARDS
- BACK CRAWL FOR 20 YARDS
- ELEMENTARY BACKSTROKE FOR 20 YARDS
- BREASTSTROKE KICK FOR 10 YARDS IN FRONT GLIDE POSITION
- TREAD WATER IN DEEP WATER FOR 30 SECONDS

## SHARKS

### LEVEL 3 (6-12 YEARS OLD)

SHARKS IS THE FINAL LEVEL FOR CHILDREN'S SWIM LESSONS, WHICH REFINES EXISTING SKILLS AND TEACHES SAFETY AND INDEPENDENCE IN DEEP WATER. (SEE DOLPHINS EXIT SKILLS BEFORE ENROLLING IN THIS CLASS) IN SHARKS, CHILDREN ARE LEARNING HOW TO USE THEIR EXISTING SWIM SKILLS IN DEEP WATER, BUILDING THE ENDURANCE NECESSARY TO SWIM LAPS, AND LEARNING ADVANCED SWIMMING TECHNIQUES.

PARTICIPANTS MUST BE ABLE TO SWIM INDEPENDENTLY FOR 20 YARDS WITH COMBINED ARM AND LEG ACTION, DEMONSTRATE RHYTHMIC BREATHING, AND BE ABLE TO TREAD WATER IN THE DEEP END FOR 30 SECONDS IN ORDER TO TAKE THIS CLASS.

**FOCUS:** REFINING STROKE TECHNIQUES, LEARNING ADVANCED SWIM TECHNIQUES SUCH AS FLIP TURNS AND DIVES, LEARNING STROKES WITH FINE MOTOR SKILLS, AND BUILDING ENDURANCE.

### EXIT SKILLS:

- INDEPENDENTLY DIVE IN HEADFIRST
- TREAD WATER FOR 1 MINUTE
- SWIM 50 YARDS FRONT CRAWL WITH A FLIP TURN
- SWIM 50 YARDS BACK CRAWL WITH A FLIP TURN
- SWIM 25 YARDS BREASTSTROKE
- SWIM 25 YARDS SIDESTROKE
- SURFACE DIVE AND RETRIEVE A SUBMERGED OBJECT FROM 7FT OF WATER

## TEEN / ADULT SWIM LESSONS

**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 TECHNIQUES, FLOATING, GLIDING, KICKING AND ARM STROKES.

**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.

## WATER COMFORT CLASS

A GENTLE INTRODUCTION TO THE JOYS AND SIMPLE PLEASURES OF BEING AT EASE IN WATER. THIS SMALL-GROUP CLASS WILL TAKE PLACE IN THE SHALLOW SECTION OF THE POOL AND IS DESIGNED FOR ADULTS WITH NO SWIMMING EXPERIENCE AND THOSE WITH WATER-RELATED TRAUMA. WE WILL COVER SOME METHODS OF MOVING BEYOND PAST TRAUMA OR FEARS. PLEASE NOTE THAT THIS CLASS DOES NOT REPLACE THE CARE OF A LICENSED CLINICAL THERAPIST. WE WILL GO OVER HOW TO COMFORTABLY: LEARN TO BLOW BUBBLES, FLOAT, MOVE THROUGH THE WATER.

## LITTLE SPLASHERS PARENT-TOT CLASS

A PLAYFUL ORIENTATION TO WATER SAFETY. THROUGH INSTRUCTOR-LED SONGS IN THE POOL, THIS PARENT-CHILD BONDING EXPERIENCE ASSISTS PARENTS IN GUIDING THEIR CHILD'S BEHAVIOR AND INTRODUCES CHILDREN TO CLASS PARTICIPATION IN THE WATER. THIS CLASS IS NOT INTENDED TO BE LEARN-TO-SWIM LESSONS. CHILDREN MUST WEAR SWIM DIAPERS. ADULTS MUST WEAR SWIMWEAR. **ADULT: CHILD RATIO, ONE CHILD PER ADULT.** PLEASE ALLOW TIME FOR PARKING AND PLAN TO BE ON THE POOL DECK 5 MINUTES EARLY, SO THAT CLASS CAN START ON TIME.



SWIM LESSONS  
REGISTRATION

