

# SWIM LESSONS

## CLASS OVERVIEW

### PARENT-CHILD SWIM LESSONS (6-36 MONTHS)

**SHRIMP.** (6 to 24 months): This is an introduction to the aquatic environment for parents & their children. Class is focused on water adjustment and basic swimming skills to prepare them for a lifetime of swimming.

**PERCH.** (24 to 36 months): This class is for parents & older toddlers who may be comfortable in the water or just working on water adjustment. Skills learned will prepare them for the preschool levels.

### PRE-SCHOOL SWIM LESSONS (3-5 YEARS)

**PIKE.** There are no prerequisites for this class. This beginning level helps children develop safe pool behavior, adjust to the water & learn independent movement in the water.

**EEL.** This level is for children who are comfortable in the water & getting their face wet. Prerequisites for enrollment: children must be able to paddle on their front & back for 5ft without help before entering this level.

**RAY.** At this level, children will review previous skills improve upon stroke skills and build endurance. Prerequisites for enrollment: children must be able to paddle on their front back & side for 15ft without support.

**STARFISH.** Children at this level build upon previously learned skills and refine their strokes. The focus on the class is to build endurance & independence. Prerequisites for enrollment: children must be able to swim the length of the pool on their front & back, using strokes vs. paddles.

### YOUTH SWIM LESSONS (6-12 YEARS)

**POLLIWOG.** This is the beginning level for non swimmers. The focus on the class is on water adjustment & the basic skills for strokes will be built upon.

**GUPPY.** Children need to be able to: paddle on front side with face in the water for 25 yards using flotation & 20 feet without, paddle on backside with body horizontal for 25 yards using flotation and 20 feet without, paddle on side with ear in water for 25 yards with flotation & 20 feet without.

**MINNOW.** Children need to be able to swim: front crawl with rotary breathing for 25 yards, basic breaststroke with rhythmic breathing for 25 yards, side alternating paddle for 25 yards, back crawl with straight arms for 25 yards & basic elementary backstroke for 25 yards.

**FISH.** Children need to be able to swim: front crawl with side breathing & arm glide on front side for 25 yards, basic breaststroke with rhythmic breathing & glide for 35 yards, basic sidestroke with scissor kick for 35 yards, & elementary backstroke with glide for 25 yards.

**FLYING FISH.** Children need to be able to swim: 100 yards (focus on efficiency), front crawl with side breathing & flip turns, breaststroke with pull-breathe-kick-glide rhythm and open turns, elementary backstroke with glide, backstroke with body roll, bent arm pull, and open turns, sidestroke with scissor kick and glide, & basic butterfly (15 yards only).

**SHARK/PORPOISE.** Children need to be able to swim: 100 (focus on endurance and pace), front crawl with bilateral breathing and flip turns, breaststroke with proper rhythm & open turns, elementary backstroke with flexed hips and glide, backstroke with body roll, bent arm pull and flip turns, sidestroke (alternate sides) with scissor kick, lifesaving stroke (50 yards), butterfly (25 yards).

### ADULT SWIM CLASSES (13 YEARS AND UP)

**BEGINNER ADULT.** Designed for adults with little or no swimming abilities. Focus is on water adjustment, safety & confidence in the water. This class will give swimmers an opportunity to improve their skills by setting goals & working on the fundamentals of stroke development.

**INTERMEDIATE ADULT.** For adults comfortable in shallow and deep water who want to improve the proficiency of their strokes. Intermediate adult focuses on stroke technique and building endurance. This level provides adults with the experience & benefit of swimming as an exercise program.

**ADVANCED ADULT.** This level refines previously learned strokes, builds endurance and prepares swimmers for our Masters program. Advanced adult is a workout based class that allows participants to experience swimming as a social activity.

*Updated 10/21/09*