

We would like to accommodate the largest number of families as possible, therefore, please only sign up for 1 class per swimmer.

Please do not put your swimmer in multiple classes or on wait lists for multiple classes.

If there are open spots in classes, we will post on the facebook page and then will open up registration so your swimmer may sign up for an additional class.

“PRESCHOOL” LESSONS: AGES 3-5 YEARS OLD

Skippers 1:

The purpose of this class is to familiarize children to the aquatic environment and help them acquire rudimentary basic aquatic skills including but not limited to submerging the face in water, retrieving submerged objects in shallow water, swimming on their front and back, and water safety practices. We will work on developing positive attitudes and safe practices in and around water! Recommended for 3 to 5 year olds.

Prerequisites: No skill prerequisites.

Skippers 2:

The objectives of Skippers 2 are to further develop basic aquatic skills. Children begin to perform these skills at a slightly more advanced level (for example, for longer lengths of time, for longer distances or in deeper water). Many skills in Skippers 1 are performed with assistance. Skippers 2 marks the beginning of independent aquatic locomotion skills. Children continue to explore using simultaneous and alternating arm and leg actions on the front and back to gain greater proficiency in preparation for performing strokes. Skippers 2 also builds on the water safety topics introduced in Skippers 1. Recommended for 3 to 5 year olds.

Prerequisites: Successful completion of Skippers 1 and/or successful demonstration of the Skippers 1 exit skills including entering the water independently, gliding on the front, floating on the back, submerging the face and blowing bubbles, and exiting the water safely. This is not a comprehensive list of skills needed to be prepared for Skippers 2, but rather a guide to help determine placement.

SCHOOL AGE SWIM LESSONS: AGES 5-12 YEARS OLD

Level 1, Introduction to Water Skills

Purpose:

- Orient participants to the aquatic environment and help them gain basic aquatic skills.
- Help participants begin to develop positive attitudes and safe practices around water

Prerequisites:

- No skill prerequisites

Level 2, Fundamental Aquatic Skills

Purpose:

- Build on the basic aquatic skills and water safety skills and concepts learned in Level 1.

Prerequisites:

- Successful demonstration of Level 1 exit skills.
 - Enter independently, using either the ramp, steps or side, travel at least 5 yards, bob 5 times, then safely exit the water. (Participants can walk, move along the gutter or "swim.")
 - Glide on front at least 2 body lengths, roll to a back float for 5 seconds, then recover to a vertical position. (This part of the assessment can be performed with assistance.)

Level 3, Stroke Development

Purpose:

- Build on the skills learned in Levels 1 and 2 to help participants achieve basic water competency in a pool environment.

Prerequisites:

- Successful demonstration of Level 2 exit skills.
 - Step from the side into chest-deep water, push off the bottom, move into a treading or floating position for at least 15 seconds, swim on front and/or back for 5 body lengths, then exit the water.
 - Move into a back float for 15 seconds, roll to front, then recover to a vertical position.
 - Push off and swim using combined arm and leg actions on front for 5 body lengths, roll to back, float for 15 seconds, roll to the front, then continue swimming for at least 5 body lengths.

Level 4, Stroke Improvement

Purpose:

- Improve participants' proficiency in performing the swimming strokes that were introduced in Level 3

Prerequisites:

- Successful demonstration of Level 3 exit skills.
 - Jump into deep water from the side, recover to the surface, maintain position by treading or floating for 1 minute, rotate one full turn, then turn as necessary to orient to the exit point, level off, swim front crawl and/or elementary backstroke for 25 yards, then exit the water.
 - Push off in a streamlined position, then swim front crawl for 15 yards, change position and direction as necessary, swim elementary backstroke for 15 yards, then exit the water.

Level 5, Stroke Refinement

Purpose:

Help participants refine their performance of all six swimming strokes (i.e., front crawl, back crawl, butterfly, breaststroke, elementary backstroke and sidestroke)

Prerequisites:

- Successful demonstration of Level 4 exit skills.
 - Perform a feet first entry into deep water, swim front crawl for 25 yards, change direction and position as necessary and swim elementary backstroke for 25 yards.
 - Swim breaststroke for 15 yards, change direction and position as necessary and swim back crawl for 15 yards.
 - Submerge and swim a distance of 3 to 5 body lengths underwater without hyperventilating, return to the surface, then exit the water.

Adult Beginner

Purpose:

Help adults become comfortable in the water, and to become proficient in swimming skills.

Adult beginner is a class for adults that may not have any swimming skills, and wish to develop them. Swimming skills are so important, even if we aren't planning on going to the Olympics. If you are able to swim laps, this isn't the class for you, BUT if you don't know any strokes or can't do a certain stroke, this class is for you! We will work on floating, gliding, arm and leg motions for freestyle and backstroke, and treading water. If time allows, we will work on elementary backstroke and breaststroke as well.

Prerequisites:

- Come ready to learn and swim!
- Please bring goggles.

Adult Stroke Work

Purpose:

Help adults who would like to improve their swim strokes.

This class is for anyone who can swim laps, but would like some help improving strokes. The instructor/coach will have workouts for you, and you will work on all 4 strokes.

Prerequisites:

- Able to swim laps repeatedly
- Should be proficient in all 4 competitive strokes