

Klahanie 2023 Winter Lesson Class Descriptions

Level 1: Intro to Water

Description: If your swimmer is brand new to swimming and cannot place their face in the water or float, start with this class

Prerequisites - None

Skills taught

Safety Rules

Blowing bubbles with mouth and nose

3 seconds fully submerged (with and without assistance)

10 second assisted front float with face submerged

5 second unassisted front float

10 second assisted back float

5 second unassisted back float

Front float to standing recovery

Assisted front float to back float rotation

Assisted front kicking

Assisted back kicking

Introduction to bobbing

Introduction to dog paddle

Introduction to front crawl

Introduction to backstroke

Introduction to arrow and independent push offs

Level 2: Intro to Movement

Description: If your swimmer is comfortable in the water but cannot swim independently, start with this class

Prerequisites – Level 1: Intro to Water, Preschool I or Beginner I

Skills taught

Safety Rules

15 second unassisted front float

15 second unassisted back float

Unassisted front and back float recovery

Independent arrow push off

10m assisted front arrow kick with face submerged

5m independent front arrow kick with face submerged

10m assisted back arrow kick

5m independent back arrow kick

10m assisted catch up freestyle

5m unassisted catch up freestyle

10m assisted backstroke

5m unassisted backstroke

Introduction to treading water

Introduction to deep water bobs

Introduction to deep water item retrieval

Level 3: Intro to Freestyle and Backstroke

Description: If your swimmer is comfortable in the water and can swim 5m independently, start with this class

Prerequisites – Level 2: Intro to Movement, Preschool II or Beginner II

Skills taught

Safety Rules

30 second unassisted front float

30 second unassisted back float

Unassisted front and back float recovery

Independent arrow push off

10m independent front arrow kick with face submerged

15m independent back arrow kick

15m independent freestyle

15m independent backstroke

30 sec treading water

Introduction to harmonics and butterfly

Introduction to chicken-airplane-soldier kick and breaststroke

Introduction to flip turns

Deep water bobs and item retrieval

Level 4: Intro to Breaststroke and Butterfly

Description: If your swimmer is comfortable in the water and can swim 10-15m independently freestyle and backstroke, start with this class

Prerequisites – Level 3: Intro to Freestyle and Backstroke, Preschool III, and/or Beginner IV

Skills taught

Safety Rules

25m independent freestyle

25m independent backstroke

25m independent butterfly harmonics with arms above head

10-15m independent butterfly

10m independent chicken-airplane-soldier kick

25m independent breaststroke

Practicing flip turns

Introduction to open turns