

Summer 2024 Group Swim Lesson Class Descriptions

Preschool I

Description: If your swimmer is 3 to 5 and cannot place their face in the water or float, start with this class

We reserve the right to charge a fee or deny lessons if the child does not meet the class prerequisites or are classified as residents if they are not.

Prerequisites - None

Skills taught

Safety Rules

5 seconds blowing bubbles

3 seconds fully submerged

10 seconds assisted front float

10 seconds assisted 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

Preschool II

Description: If your swimmer is 3 to 5 and has completed Preschool I, and/or has completed Intro to Water, enroll them in this class

We reserve the right to charge a fee or deny lessons if the child does not meet the class prerequisites or are classified as residents if they are not.

Prerequisites - Preschool I

5 seconds blowing bubbles

3 seconds fully submerged

10 seconds assisted front float

10 seconds assisted 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

Skills taught

Safety Rules

10 seconds blowing bubbles with face in the water

10 bobs fully submerged

10 seconds independent front float with recovery

10 seconds independent back float with recovery

Independent front float to back float rotation

5m dog paddle with bobbing

5m front crawl

5m assisted relaxed backstroke

5m independent front kicking

5m independent back kicking

Jump from the side of the pool without help

Preschool III

Description: If your swimmer is 3 to 5 and has completed Preschool II, and/or have completed Intro to Water, enroll them in this class

Prerequisites - Preschool II

We reserve the right to charge a fee or deny lessons if the child does not meet the class prerequisites or are classified as residents if they are not.

10 seconds blowing bubbles with face in the water

10 bobs fully submerged

10 seconds independent front float with recovery

10 seconds independent back float with recovery

Independent front float to back float rotation

5m dog paddle with bobbing

5m front crawl
5m assisted relaxed backstroke
5m independent front kicking
5m independent back kicking
Jump from the side of the pool without help

Skills taught

Safety Rules
Front missile push-off
Back missile push-off
10m front crawl
10m backstroke
10m dog paddle with bobbing
Deep water bobbing
Deep water front float
Deep water back float
Retrieve objects from deep water

Beginner I

Description: If your swimmer is over 5 and cannot place their face in the water or float, start with this class, and/or participated in Intro to Water and did not complete all the skills.

Prerequisites – None

We reserve the right to charge a fee or deny lessons if the child does not meet the class prerequisites or are classified as residents if they are not.

Skills taught

Safety Rules
5 second bobs fully submerged
10 seconds with face in the water with bubbles
10 seconds assisted front float
10 seconds assisted back float
Front float to standing recovery
Assisted front kicking
Assisted back kicking

Introduction to front crawl

Introduction to backstroke

Jump in from the side of the pool with assistance

Beginner II

Description: If your swimmer has completed Beginner I or Preschool III, and/or Intro to Movement but did not complete all the skills, enroll them in this class.

Prerequisites - Beginner I or Preschool III

We reserve the right to charge a fee or deny lessons if the child does not meet the class prerequisites or are classified as residents if they are not.

5 second bobs fully submerged

10 seconds with face in the water with bubbles

10 seconds assisted front float

10 seconds assisted back float

Front float to standing recovery

Assisted front kicking

Assisted back kicking

Introduction to front crawl

Introduction to backstroke

Jump in from the side of the pool with assistance

Skills taught

Safety Rules

10m dog paddle with bobbing

10 second independent front float with recovery

10 second independent back float with recovery

Front missile push-off 3 sec float and kick 10m

10m front crawl with bobbing

Introduction to side breathing

Introduction to deep water bobs

Introduction to backstroke

Introduction to elementary backstroke

Beginner III

Description: If your swimmer has completed Beginner II, and/or Intro to Movement and completed most of the skills, enroll them in this class.

Prerequisites - Beginner II

We reserve the right to charge a fee or deny lessons if the child does not meet the class prerequisites or are classified as residents if they are not.

10m dog paddle with bobbing

10 second independent front float with recovery

10 second independent back float with recovery

Front missile push-off 3 sec float and kick 10m

10m front crawl with bobbing

Introduction to side breathing

Introduction to deep water bobs

Introduction to backstroke

Introduction to elementary backstroke

Skills taught

Safety Rules

Introduction to front sculling

Introduction to back sculling

Front float in deep water

Back float in deep water

Front missile push-off, 3 sec float, kick 20m

Back missile push-off, 3 sec float, kick 10m

15m front crawl with side breathing

10m backstroke

Introduction to treading water

10 deep water bobs

Retrieve objects from deep water

Beginner IV

Description: If your swimmer has completed Beginner III, and/or Intro to Movement, enroll them in this class.

Prerequisites - Beginner III

We reserve the right to charge a fee or deny lessons if the child does not meet the class prerequisites or are classified as residents if they are not.

Introduction to front sculling

Introduction to back sculling

Front float in deep water

Back float in deep water

Front missile push-off, 3 sec float, kick 20m

Back missile push-off, 3 sec float, kick 10m

15m front crawl with side breathing

10m backstroke

Introduction to treading water

10 deep water bobs

Retrieve objects from deep water

Skills taught

Safety Rules

25m front crawl with side breathing

15m backstroke

15m elementary backstroke

15m front sculling (with breaks)

15m back sculling (with breaks)

15 seconds treading

10 seconds survival float in deep water

15m under water swim

Introduction to breaststroke arms and kick with sculling

Introduction to flip turns

Intermediate I

Description: If your swimmer has completed Beginner IV, and/or Intro to Free and Back, enroll them in this class.

Prerequisites - Beginner IV

We reserve the right to charge a fee or deny lessons if the child does not meet the class prerequisites or are classified as residents if they are not.

25m front crawl with side breathing

15m backstroke

15m elementary backstroke

15m front sculling (with breaks)

15m back sculling (with breaks)

15 seconds treading

10 seconds survival float in deep water

15m under water swim

Introduction to breaststroke arms and kick with sculling

Introduction to flip turns

Skills taught

Safety Rules

50m front crawl with side breathing

50m backstroke

25m elementary backstroke

15m front sculling

15m back sculling

25m breaststroke

Introduction to butterfly

30 seconds treading

15m under water swim

Intermediate II

Description: If your swimmer has completed Intermediate I, and/or Intro to Free and Back, enroll them in this class.

Prerequisites - Intermediate I

We reserve the right to charge a fee or deny lessons if the child does not meet the class prerequisites or are classified as residents if they are not.

50m front crawl with side breathing

50m backstroke

15m elementary backstroke

15m front sculling

25m back sculling

10m breaststroke

Introduction to butterfly

30 seconds treading

15m under water swim

Skills taught

Safety Rules

100m front crawl with side breathing and flip turns

100m backstroke with flip turns

50m elementary backstroke

25m front sculling

25m back sculling

50m breaststroke

15m butterfly

15m underwater swim

2 minutes treading water with minimal hand usage

Advanced

Description: If your swimmer has completed Intermediate II, and/or Intro to Butterfly and Breaststroke, enroll them in this class.

Prerequisites - Intermediate II

We reserve the right to charge a fee or deny lessons if the child does not meet the class prerequisites or are classified as residents if they are not.

100m front crawl with side breathing and flip turns
100m backstroke with flip turns
50m elementary backstroke
25m front sculling
25m back sculling
50m breaststroke
15m butterfly
2 minutes treading water with minimal hand usage
2 minutes survival float in deep water
15m under water swim
2 life-saving skills

Skills taught

500m continuous swimming
200m front crawl with side breathing and flip turns
200m backstroke with flip turns
25m front sculling
25m back sculling
100m breaststroke
25m butterfly
3 minutes treading water with minimal hand usage
15m under water swim

Parent & Child

This class is perfect for babies and toddlers ages 3 to 36 months and their parents. This water introduction program helps the parent and the child get used to the water and see the pool as a fun place. Parents and children play games that introduce basic introductory water skills such as blowing bubbles, breath control, kicking and floating. A parent/family member must accompany the child in the water at all times. Babies and toddlers who are not toilet trained must wear a swim diaper.

Course Objectives:

- Enter/exit water safely (with or without assistance)
- Blow bubbles on surface of water
- Explore submerging mouth, nose & face

- Intro to front and back floats
- Intro to front and back kicks
- Intro to alternating arm action
- Jump in from side with help

Adult I & II Classes

These classes are designed to help adults both with and without swimming experience feel more comfortable in the water. We will work to help adults both conquer their fear of water and refine their technique. When adults finish the course, we hope they take away a better understanding of the basic strokes, have the ability to get themselves to the side and out of the pool safely, and feel confident enough to get in the pool without an instructor present, whether just to relax, play with their kids, or swim laps.

Adult I Class

Ages: 18+

Prerequisite: none; no water experience needed

Course Objectives:

Reviewing safety rules

Entering and exiting the pool safely

Getting comfortable with face in the water

Blowing bubbles/practicing breathing

Holding breath underwater without holding nose

Floating on front and back (assisted or unassisted)

Underwater push-offs and arrow/streamline

Flutter kick in arrow and with board

Coordinating basic arm and leg movement

Introduction to treading water

Practice staying afloat in shallow and deep water

Introduction to front and back stroke

Introduction to elementary backstroke

Introduction to head-up and head-down breaststroke

Adult II Class

Ages: 18+

Prerequisite: able to swim unsupported in shallow water across the width of the pool

Course Objectives:

Breathing practice

Underwater push-offs and arrow

Sustained treading water in deep water

Front stroke (freestyle) practice

Backstroke practice

Elementary backstroke

Practice swimming in deeper water

Head-up and head-down breaststroke

Basics of open turns and when to use them

Introduction to flipturns *

Introduction to harmonics *

Introduction to butterfly *

* If swimmers are at that point/feel comfortable, however not an essential part of the class