

Fall/Winter/Spring Swim Lesson Prerequisites

Please be sure to read through the prerequisites for the classed before signing up. Placing your child in a class that is too advanced for them will hold the rest of the class back and is not fair for the other students in the class. If this should happen, the student is likely to be removed from the class and we cannot guarantee a place in another class.

Level 1 - Intro to water

This class would be ideal for swimmers who were in **Preschool 1, Preschool 2, and Beginner 1**

Prerequisites:

NONE

What will be taught:

- Blowing bubbles
- Going under water independently
- Floating on their front independently
- Floating on their back independently
- Kicking with equipment independently
- Listening skills
- Safety

Level 2 - Intro to Movement

This class is ideal for swimmers who were in **Preschool 3, and Beginner 2**

Prerequisites:

- Blowing bubbles
- Going under water *independently*
- Floating on their front *independently*
- Floating on their back *independently*
- Kicking with equipment *independently*

What will be taught:

- Kicking in an arrow position on their front without equipment. The body will be horizontal and the feet must remain at the surface for at least 10 to 15 seconds.
- Kicking on their back without equipment for at least 15 feet (Wall to the flags). The body will remain horizontal, hands at their side, and the feet must remain at the surface.
- Catch-up freestyle without equipment or taking breaths, for at least 15 feet (Wall to the flags). The body will remain horizontal, the arms will be controlled, and the feet must remain at the surface.

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Level 3 - Intro to Freestyle and Backstroke

Don't be deceived by the name of this class. This class is for those who were in Beginner 3, Beginner 4, and Intermediate 1

Prerequisites:

- Kicking in an arrow position on their front without equipment. *The body will be horizontal and the feet must remain at the surface for at least 10 to 15 seconds.*
- Kicking on their back without equipment for at least 15 feet (Wall to the flags). *The body will remain horizontal, hands at their side, and the feet must remain at the surface.*
- Catch-up freestyle without equipment or taking breaths, for at least 15 feet (Wall to the flags). *The body will remain horizontal, the arms will be controlled, and the feet must remain at the surface.*

What will be taught:

- Catch-up Freestyle without equipment with breathing to one side (Rhythmic Breathing). The body will remain horizontal, the arms will be controlled, and the feet must remain at the surface. Distance will increase each class. One length of the pool without stopping is the goal.
- Hesitation Backstroke. The body will remain horizontal, arms will rotate smoothly and simultaneously, and the feet must remain at the surface. Distance will increase each class. One length of the pool without stopping is the goal.

Level 4 - Intro to Butterfly and Breaststroke

This class is only for swimmers who were in the Intermediate 2 or Advanced class this summer. They need to have excellent body control and positioning in the water. **PLEASE DO NOT ENROLL YOUR CHILD ONLY BECAUSE YOU WANT THEM TO LEARN BUTTERFLY AND BREASTSTROKE.** Read the prerequisites and put them in the correct class. We want to make sure that they have the skills necessary to succeed at this level of training.

Prerequisites:

- Catch-up Freestyle without equipment with breathing to one side (Rhythmic Breathing). *The body will remain horizontal, the arms will be controlled, and the feet must remain at the surface. One length of the pool without stopping is required.*
- Hesitation Backstroke. *The body will remain horizontal, arms will rotate smoothly and simultaneously, and the feet must remain at the surface. One length of the pool without stopping is required*

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Level 4 - Intro to Butterfly and Breaststroke - Continued

What will be taught:

- Introduction to Butterfly. The body should move in a harmonic pattern, feet should remain together, and arms must be straight when they recover above the water. Distance will increase with each class.
- Introduction to Breaststroke. The timing of breaststroke will be taught. This will include proper breathing, arm movements, and using the correct kick. Distance will increase with each class.
- Almost Catch-up Freestyle without equipment with breathing on both sides (Rotary Breathing). The body will remain horizontal, the arms will be controlled, and the feet must remain at the surface. Distance will increase each class.
- Backstroke. The body will remain horizontal, arms will rotate smoothly and simultaneously, and the feet must remain at the surface. Distance will increase each class.