



GROUP LESSONS ARE OFFERED FROM THE FIRST WEEK OF SUMMER, JUNE 25<sup>TH</sup> THROUGH THE END OF AUGUST. EACH WEEK OF LESSONS RUNS MONDAY THROUGH FRIDAY FOR ONE HALF HOUR BETWEEN 11:00 AND 12:00.

ONLY  
**\$30/WEEK**  
FOR MEMBERS!

# GROUP LESSONS

SMALL CLASSES WITH FANTASTIC INSTRUCTORS

IN A SMALL CLASS SETTING OF 3-5 KIDS, INSTRUCTORS ENCOURAGE A FUN LEARNING ENVIRONMENT FOR ALL. WE CAN TEACH YOUR CHILDREN ANYTHING FROM HOW TO BLOW BUBBLES (TALK WITH THE FISHIES) TO HOW TO PERFECT THEIR BACKSTROKE: WE HAVE WONDERFUL INSTRUCTORS FOR ALL LEVELS.

SIGN YOUR KIDS UP IN THE GUARD SHACK SO THEY CAN HAVE EVEN MORE **FUN** AT THE POOL THIS SUMMER!

**Level 1:** The intro level for the beginning swimmer, all skills are performed with assistance.

- Blowing bubbles through the mouth and nose
- Submerging the mouth, nose, and eyes
- Front float with and without alternating kicking
- Back float with and without alternating kicking
- Jumping in from side of pool
- Picking up submerged objects in chest deep water

\*To move onto the level 2, a swimmer must demonstrate all of the above skills

**Level 2:** The beginning swimmer becomes more comfortable in the water and begins to perform skills with some assistance.

- Bobbing (fully submerging the head), 5 times
- Front float and without alternating kicking, 3 body lengths
- Back float with and without alternating kicking, 3 body lengths (must be completely independent to enter level 3)
- Recovering from a horizontal position (on the front or back) to a vertical position
- Rolling from front to back and back to front
- Introduction to alternating crawl stroke arms, 3 body lengths
- Picking up submerged objects in shoulder deep water
- Jumping in from side of pool and returning without assistance

\*To move onto the level 3, a swimmer must demonstrate all of the above skills

**Level 3:** Swimmers comfort level in the water is high and they become independent swimmers in shallow water; minimal assistance is provided.

- Front float with kicking
- Back float with kicking
- Alternating crawl stroke arms, rolling onto back to breathe and return to front
- Introduction to elementary backstroke
- Introduction to backstroke

\*To move onto the level 4, a swimmer must demonstrate all of the above skills for the width of the shallow end.

**Level 4:** Swimmers continue to refine old skills and learn new skills as they become independent swimmers in deep water; minimal assistance is provided.

- Front and back float with kicking
- Freestyle arms
- Introduction to side breathing on freestyle
- Elementary backstroke
- Backstroke
- Introduction to breaststroke
- Introduction to treading water (30 seconds)

\*To move onto the level 5, a swimmer must demonstrate all of the above skills for the width of the deep end.

**Level 5:** Swimmers continue to refine old skills and learn new skills.

- Stroke refinement of the freestyle, backstroke, and breaststroke (based on swim team disqualification standards)
- Treading water (1 minute)
- Introduction to butterfly
- Introduction to diving
- Introduction to flip turns