

# Swim Lessons 2011

## Level 1: Starfish

3 – 4 students / instructor



This class is for a beginner swimmer that is inexperienced or nervous about swimming. The kids will learn safety, getting comfortable in the baby pool and big pool, blowing bubbles from the mouth on the surface and blowing bubbles from the nose under water, and submersion. The instructor will introduce front float, back float, and kicking on the wall.

## Level 2: Jellyfish

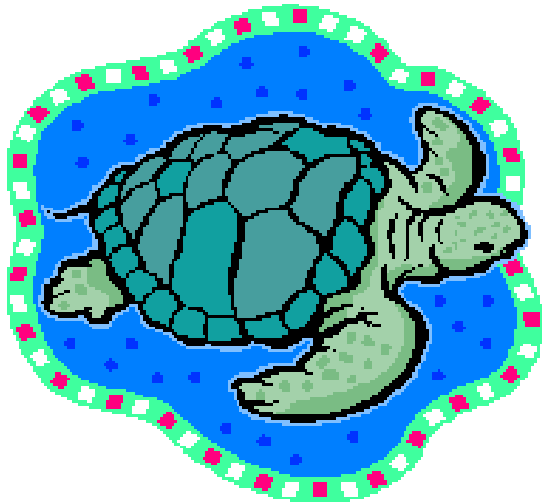
4 students / instructor



This class is for a beginner swimmer who has completed level 1 successfully. The swimmer must be comfortable getting in the big pool and being fully submerged under water. The kids will learn safety, breath control, submersions, kicking across width of pool with a kickboard, independent floating (front float with face in water for 5 seconds and back float for 20 seconds), and 10 assisted bobs. The instructor will introduce roll over breathing after the swimmer has perfected the back float.

## Level 3: Sea Turtles

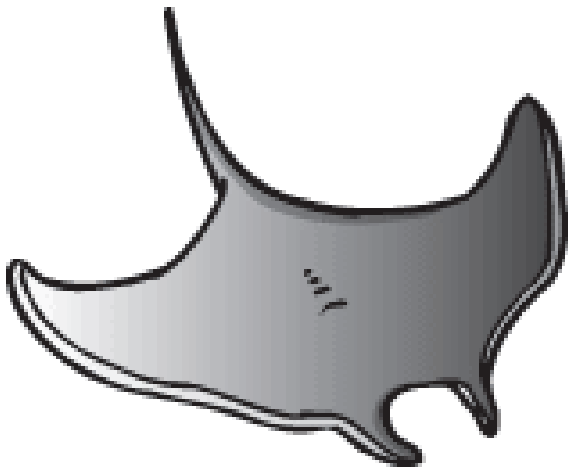
4 students / instructor



This class is for a beginner swimmer who has completed level 1 and 2 successfully. The swimmer must be able to back float independently for 20 seconds and front float independently for 5 seconds. The kids will learn safety, roll over breathing, front glide with kick, back glide with kick, kicking across width of pool with a kickboard and will be able to do 10 bobs with bubbles and breath. The instructor will introduce the elementary backstroke and jumping in from the side of the pool.

#### **Level 4: Sting Rays**

4 students / instructor



This class is for a beginner swimmer who has completed levels 1 - 3 successfully. The swimmer must be confident with roll over breathing. The kids will learn the elementary backstroke, big arm freestyle with pop up breaths, diving off side of pool, treading water for 30 seconds, kicking across pool with a kickboard, and will be able to do 15 bobs. The instructor will introduce freestyle with side breathing and backstroke.