

Swimming Lesson Descriptions

Parent/Toddler

Age: 18 months—4 years

Must be 18 mos. old as of July 31, 2019

Maximum 15 Participants per class in the mornings and 8 in the evenings.

Eight 30-minute classes \$50.00 per child

This class is designed for the parent and toddler. The class will focus on getting the children familiar with the water, ways to hold your child in the water, and preparation for Fins 1. With parent interaction, our certified lifeguards will teach swimming readiness through blowing bubbles, working on back float skills and the beginning of front crawl. Your child will gain coordination and confidence in the water.

Fins I

Average Age: 4-6 years old

Must be 4 years of age as of July 31, 2019 for Fins I and up.

Maximum number of participants is 8

Eight 30-minute classes \$50.00 per child

- Blowing bubbles
- Immersing face fully for three seconds
- Flutter kick front and back
- Introduction to front crawl arms
- Introduction to back crawl arms
- Front and back float, 5 seconds
- Front and back glide, 5 seconds
- Walk in chest-deep water
- Encounter deep water (6 ft)
- Reach assistance
- Safety tips and water safety skills

Fins II

Average Age: 6– 8 years old

Maximum number of participants is 10

Eight 45-minute classes \$50.00 per child

- Immersing entire body for 3 seconds
- Shallow water bobbing
- Capture objects in chest-deep water and open eyes with assistance
- Jump into chest-deep water and recover
- Front and back float, 15 seconds
- Tuck/rock and jellyfish float, 10 seconds
- Front and back glide, 10 seconds
- Turning over front and back with assistance (Log Roll)
- Flutter kick front and back
- Introduction to rotary breathing
- Front crawl with rotary breathing, 5 yards
- Back crawl, 5 yards
- Encounter deep water (12 ft)
- Simple lifesaving and water safety skills

Fins III

Average Age: 7-10

Maximum number of participants is 10

Eight 45-minute classes \$50.00 per child

- Captures objects in chest-deep water, without help and eyes open
- Deep water bobbing
- Encounter deep water by jumping from diving boards
- Front and back glide, two body lengths
- Turning over front and back without assistance (Log Roll)
- Front crawl without help, rotary breathing, 10 yards
- Back crawl without help, 10 yards
- Elementary backstroke, 10 yards
- Introduction to treading water with all kicks, 2 minutes
- Dive from side of pool using kneeling and compact positions
- Simple lifesaving and water safety skills

Fins IV

Average Age: 7-10

Maximum number of participants is 10

Eight 45-minute classes \$50.00 per child

- Front crawl, rotary breathing, 25 yards (length of pool)
- Back crawl, 25 yards (length of pool)
- Elementary backstroke, 25 yards (length of pool)
- Breaststroke, 15 yards
- Sidestroke, 15 yards
- Butterfly, 15 yards
- Open turns
- Feet first surface dive
- Dive from side of pool using standing position and 3-step approach
- Introduction to long, shallow diving from side of pool
- One completed dive from standing position from the diving boards
- Encounter 12 ft. with extension pole
- Tread water with scissors, breaststroke, and rotary kicks: one minute each
- Lifesaving and water safety skills

Fins V

Average Age: 9-12

Maximum number of participants is 10

Eight 45-minute classes \$50.00 per child

- Front crawl, rotary breathing, 50 yards
- Back crawl, 50 yards
- Elementary backstroke, 50 yards
- Breaststroke, 25 yards
- Sidestroke, 25 yards
- Butterfly, 25 yards
- Swimming underwater, 10 yards
- Open and flip turns
- Using the feet first surface dive, retrieve brick from 6 foot
- Encounter 12 ft. with extension pole
- Introduction to 3-step approach from diving boards, using 3-step approach with dives
- Complete tuck and pike jumps from diving boards
- Long, shallow diving from diving boards
- Tread water using all kicks, 5 minutes continuous
- Lifesaving and water safety skills

Fins VI

Average Age: 9-12

Maximum number of participants is 10

Eight 45-minute classes \$50.00 per child

- 300 yard continuous swim (6 laps)
- Front crawl, 100 yards
- Back crawl, 100 yards
- Elementary backstroke, 100 yards
- Breaststroke, 50 yards
- Sidestroke, 50 yards
- Butterfly, 50 yards
- Swimming underwater, 25 yards
- Perfection of open and flip turns during lap swimming
- Using the feet first surface dive, retrieve brick from 12 foot
- Refine 3-step approach from boards, use with all diving
- Refine tuck and pike dives
- Treading water using all 3 kicks, 8 minutes continuous
- Lifesaving and water safety skills

Private Swimming Lessons

Gardner Parks and Recreation wants to give you the opportunity for private swimming lessons. This is your chance to receive that extra special one-on-one instruction. Our Certified Instructors will help improve those important swimming skills at all levels. Private lessons will be offered for all ages. Children **and adults** are encouraged to sign up for this program.

Private Lessons will be scheduled during **Session I (June 3-13)**. There will be limited dates and times available for other sessions. These will be on a first come first serve basis. Each student's schedule will be arranged with the Swim Lesson Coordinator. Expect to receive a call from the Swim Lesson Coordinator.

Day/Time: Mon-Sun 8:00 am to Noon, Mon-Fri evenings between 6:00 pm and 8:00 pm

Location: Gardner Aquatic Center

Age: 5 through Adult

Fee: \$90.00 (Four 1-Hour Sessions)

Maximum: 30 Participants