

# Swimming Lesson Descriptions

## Parent Tot

This class is designed for the parent and toddler. The class will focus on getting the children familiar with the water. With parent interaction, our certified lifeguards will teach swimming readiness through blowing bubbles, working on back float skills and the dog paddle. Your child will gain coordination and confidence in the water. This class is for children between the ages of 18 months and 4 years. Maximum 15 Participants per class. Length of class: 30 Minutes.

## Fins I

**4 years of age as of July 31, 2012**

**Maximum number of participants is 8**

**Eight 30-minute classes \$45.00 per child**

- Blowing bubbles
- Immersing face fully for three seconds
- Flutter kick front and back
- Introduction to front crawl arms
- Front and back float with assistance
- Front and back glide with assistance
- Walk in chest deep water
- Encounter deep water (6 ft)
- Reach assistance
- Safety tips
- Arm floaties will be used in the first week

## Fins II

**Maximum number of participants is 10**

**Eight 45-minute classes \$45.00 per child**

- Immersing entire body for 3 seconds
- Capture objects in chest deep water with assistance
- Jump into chest deep water and recover
- Front and back float without help, 5 seconds
- Front and back glide without help, 5 seconds
- Turning over front and back with assistance (Log Roll)
- Flutter kick front and back
- Introduction of back crawl arms
- Front crawl without help, 5 yards
- Modified back crawl without help, 5 yards
- Encounter deep water (12 ft)
- Simple life saving and water rescue skills

## Fins III

**Maximum number of participants is 10**

**Eight 45-minute classes \$45.00 per child**

Captures objects in chest deep water, without help and eyes open  
Deep water bobbing

- Incline safety 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)
- Introduction to reversing directions at wall (racing technique)
- Front crawl without help, side breathing, 10 yards
- Back crawl without help, 10 yards
- Modified elementary backstroke, 10 yards
- Introduction to treading water with all kicks, 2 minutes
- Dive from side of pool using kneeling and compact positions
- Simple life saving/CPR skills

## Fins IV

**Maximum number of participants is 10**

**Eight 45-minute classes \$45.00 per child**

- Introduction to rotary breathing with front crawl
- Front crawl, rotary breathing, 25 yards (length of pool)
- Back crawl, 25 yards (length of pool)
- Elementary backstroke, 25 yards (length of pool)
- Modified breaststroke, 10 yards
- Modified sidestroke, 10 yards
- Introduction to open turns (racing technique)
- 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
- Life saving/CPR skills

## Fins V

**Maximum number of participants is 10**

**Eight 45-minute classes \$45.00 per child**

- Front crawl, rotary breathing, 100 yards
- Back crawl, 100 yards
- Elementary Backstroke, 100 yards
- Breaststroke, 50 yards
- Sidestroke, 50 yards
- Modified butterfly, 50 yards
- Swimming underwater 3 body lengths
- Introduction to flip turns (racing technique)
- 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
- Life saving/CPR skills, In-water rescues

## Fins VI

**Maximum number of participants is 10**

**Eight 45-minute classes \$45.00 per child**

- 300 yard continuous swim (6 laps)
- Front crawl, 200 yards
- Back crawl, 200 yards
- Elementary backstroke, 200 yards
- Breaststroke, 150 yards
- Sidestroke, 150 yards
- Butterfly, 50 yards
- Swimming underwater, 15-25 yards
- Perfection of racing 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
- Stride jump entry
- Treading water using all 8 kicks, 8 minutes continuous
- Life saving/CPR skills, In-water rescues