



# STRONG SWIMMERS CONFIDENT KIDS

## Fall 1 Swim Lessons

September 12<sup>th</sup> – October 30<sup>th</sup>

**Registration:** Members – Aug. 29<sup>th</sup> & General Public – Sept. 6<sup>th</sup>

|  |                                       |                   |
|--|---------------------------------------|-------------------|
| <b>Parent Child - A/B</b>                | Members: \$22<br>General Public: \$44 | 30 minute lessons |
| <b>Parent Child - Ages 1-3</b>           | Members: \$22<br>General Public: \$44 | 30 minute lessons |
| <b>Preschool</b><br>Ages 3 - 5 years old | Members: \$28<br>General Public: \$52 | 30 minute lessons |

|                   |                                       |                   |
|-------------------|---------------------------------------|-------------------|
| <b>School Age</b> | Members: \$34<br>General Public: \$62 | 45 minute lessons |
|-------------------|---------------------------------------|-------------------|

|                                |                              |
|--------------------------------|------------------------------|
| <b>Parent Child A/B</b>        | Thursdays, 10:00am - 10:30am |
| <b>Parent Child - Ages 1-3</b> | Thursdays, 10:30am - 11:00am |
| <b>Preschool Stage 1</b>       |                              |
| <b>Preschool Stage 2</b>       |                              |
| <b>Preschool Stage 3</b>       |                              |

|                |  |
|----------------|--|
| <b>Stage 1</b> |  |
| <b>Stage 2</b> |  |
| <b>Stage 3</b> |  |
| <b>Stage 4</b> |  |
| <b>Stage 5</b> |  |
| <b>Stage 6</b> |  |

We apologize for the inconvenience, but we are only able to offer a couple of lessons for Fall 1 Session due to lack of instructors. We hope to get back to regularly scheduled lessons for Fall 2 Session.

***WE ARE HIRING FOR SWIM INSTRUCTORS & LIFEGUARDS!***

Updated: 8/26/2022



# STRONG SWIMMERS CONFIDENT KIDS SWIM LESSONS

## SWIM STARTERS PARENT CHILD LESSONS

Accompanied by a parent, infants and toddlers learn to be comfortable in the water and develop swim readiness skills through fun and confidence building experiences, while parents learn about water safety, drowning prevention, and the importance of supervision.

**Ages: 6 months – 3 years (30 minute)**

### PARENT CHILD A/B

This *Water Discovery and Exploration* class introduces infants and toddlers ages 6 months – 18 months to the aquatic environment. Explores body positions, blowing bubbles, and fundamental safety and aquatic skills.

### PARENT CHILD AGES 1-3

This *Water Acclimation* is for toddlers is for ages 1 – 3 years that are comfortable in the water. This class introduces basic self-rescue skills performed with assistance from parents. This is an introduction to the Preschool Stage 1 skills, with parents in the water, building comfort for the transition into Preschool lessons.

## SWIM BASICS PRESCHOOL LESSONS

These stages are recommended skills for all youth to have around water. Students are taught the basic skills that are the building blocks of swimming, pool safety, boating safety and the use of personal floating devices. Class size is small so the instructor can provide individual attention.

**Age: 3 years to 5 years (30 minute)**

### STAGE 1 – WATER ACCLIMATION

For beginners or for children that do not want to get face or head wet or may be fearful. It increases comfort with underwater exploration and introduces basic self-rescue skills performed with assistance. This is a child's first experience in the pool without parental assistance.

### STAGE 2 – WATER MOVEMENT

For children comfortable submerging completely underwater, performing a front & back float with assistance, performing front & back glides with assistance, and jumping in the pool from the pool deck with assistance. It encourages forward movement in the water and basic self-rescue skills performed independently.

### STAGE 3 – WATER STAMINA

For children comfortable submerging completely underwater, performing front & back floats for 10 seconds each, performing a front & back glide for 5 feet, comfortably jumping into the water, and swimming 5 feet and returning to the wall without assistance. It develops intermediate self-rescue skills performed at longer distances than in previous stages.

## SWIM BASICS – SCHOOL AGE LESSONS

These stages are recommended skills for all youth to have around water. Students learn personal water safety and achieve basic swimming competency. They are taught the basic building blocks of swimming, pool safety, boating safety and the use of personal floating devices. Class size is small so the instructor can provide individual attention.

**Age: 6 years and older (45 minute)**

### STAGE 1 – WATER ACCLIMATION

For children that are new to swim lessons, maybe hesitant or fearful in the water, and for those who do not want to get their head or face wet. It increases comfort with underwater exploration and introduces basic self-rescue skills performed with assistance.

### STAGE 2 – WATER MOVEMENT

For children comfortable submerging completely underwater, performing a front & back float with assistance, performing front & back glides with assistance and jumping in the pool from the pool deck with assistance. It encourages forward movement in the water and basic self-rescue skills performed independently.

### STAGE 3 – WATER STAMINA

For children comfortable submerging completely underwater, performing a front & back float for 20 seconds, performing a front & back glide 10 feet, jumping into pool, floating on the back and swimming a distance of 5 yards (all unassisted). It develops intermediate self-rescue skills performed at longer distances.

## SWIM STROKES – SCHOOL AGE SWIM LESSONS

These stages are skills to support a healthy lifestyle. Having mastered the fundamentals, students learn additional water safety skills and build stroke techniques, developing skills that prevent chronic disease, increase social-emotional and cognitive well-being, and a lifetime of physical activity.

**Age: 6 years and older (45 minute)**

### STAGE 4 – STROKE INTRODUCTION

For children comfortable retrieving an underwater object from shallow water, swimming on front & back 15 yards, rolling over to rest, treading water for 1 minute and swim a distance of 25 yards on front and back (all unassisted). It introduces basic stroke techniques in front crawl and back crawl and reinforces water safety through treading water and elementary backstroke.

### STAGE 5 – STROKE DEVELOPMENT

For children comfortable with swimming front crawl with rotary breathing for a distance of 15 yards, breaststroke kick for 15 yards, butterfly kick for 15 yards, elementary backstroke (resting stroke) for 15 yards, treading water for 1 minute and swimming continuously for 25 yards (all unassisted). It introduces breaststroke and butterfly and reinforces water safety through treading water and sidestroke.

### STAGE 6 – STROKE MECHANICS

For children able to swim 25 yards of front crawl (with rotary breathing), breaststroke, butterfly, sidestroke and who can tread water for 2 minutes and swim at least 50 yards of any stroke continuously. It refines stroke technique on all major competitive strokes and encourages swimming as part of a healthy lifestyle.