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## **Introducing Elmbrook Swim School**

**BROOKFIELD, WI** - The Elmbrook Swim Club is pleased to announce the launch of our Learn To Swim program in the spring of 2018 – **Elmbrook Swim School**. A partnership with the City of Brookfield's Recreation Department, **Elmbrook Swim School will assume the programming and implementation of all spring community swim lessons**. "Elmbrook Swim School will be a great addition to the programs offered by the Elmbrook Swim Club," said EBSC Head Coach, Brent Boock. "It's a privilege to teach young children and what a great opportunity to help them have a positive swimming experience from the very beginning. As part of the Elmbrook Swim Club community, we hope our Swim School participants embrace our mission to achieve excellence in life through swimming."

Three Swim School sessions will be offered:

**Session 1 - March 10 - April 7 (No class on March 31)**

**Session 2 - April 14 - May 5**

**Session 3 - May 12 - June 2**

Each session offers three different class times at **9:00 am, 9:50 am, and 10:40am**. The minimum age to sign up is 5 years and classes cost \$60 per session. All Elmbrook Swim School classes will be held at Brookfield East High School. Registration is available online at [www.ebss.org](http://www.ebss.org) starting **January 2nd, 2018**.

Using a station teaching set up for each session, the Elmbrook Swim School is designed for participants to advance at their own pace. There are six different swim school levels ranging from introductory skills to advanced pre-competitive skills. What follows is a brief description of each level:

***Level 1: Jellyfish (Let's Get Wet – An introduction to the water.)***

- Safety at the pool and in the water
- Comfort in the water
- Explore arm and leg movement
- Breathing skills (blowing bubbles)
- Submerge face, open eyes underwater
- Bobbing
- Introduction to kicking skills

Advancement criteria – 10 bobs. Use arm and leg motions to swim one body length without assistance.

***Level 2: Tadpoles (Let's Get Moving – Floatation and buoyancy in the water.)***

- Floats and glides
- Transition from horizontal to vertical position
- Flutter kick
- Dolphin kick
- Front arm and leg motions

Advancement criteria – Front kick, glide and return to vertical. Back kick, glide and return to vertical. Use arm and leg motions to swim two body lengths without assistance.

***Level 3: Stingrays (Let's Learn Freestyle – Understanding the body position, pull, and kick of freestyle.)***

- Roll from front to back and back to front.
- Sculling
- Side kicking
- Freestyle arm strokes
- Kicking
- Arm and leg motions on back

Advancement criteria – Freestyle arms with strong kick, 10 yards.

***Level 4: Swordfish (Let's Learn Backstroke – Understanding the mechanics of backstroke and freestyle breathing.)***

- Treading water
- Backstroke
- Freestyle breathing
- Sitting and kneeling dives

Advancement criteria – Tread water 30 seconds. Swim freestyle 25 yards. Swim backstroke 25 yards. Proper technique of sitting and kneeling dives.

***Level 5: Dolphins (Let's Learn More Strokes – Introduction to breaststroke and butterfly.)***

- Breaststroke
- Butterfly
- Open Turns
- Treading water
- Standing dives (compact and stride)

Advancement criteria – Swim breaststroke 10 yards. Swim butterfly 10 yards. Tread water for one minute. Proper technique of compact and stride dives.

***Level 6: Gators (Precompetitive – Learning to dive, perform flip turns, and build endurance.)***

- Racing start from side
- Flip Turns
- Extended Swimming
- Refinement of all strokes

Advancement criteria - Swim freestyle 50 yards (bilateral breathing). Swim backstroke 50 yards. Swim breaststroke 25 yards. Swim butterfly 20 yards. Proper technique of racing start.

Please contact Anne Leupold with questions at [leupoldae01@gmail.com](mailto:leupoldae01@gmail.com).

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The Elmbrook Swim Club (EBSC) has been a successful program in the Brookfield and Elm Grove area for over 45 years. EBSC provides a quality aquatics experience for community members of all ages, interests and skill levels. The mission of the Elmbrook Swim Club is to empower community members to achieve excellence in life through swimming.

More information is available at [www.ebsc.org](http://www.ebsc.org).