

CLASS DESCRIPTIONS 2018

PRESCHOOL (Age 3-5)

Preschool 1

We start with water comfort, getting our face in the water and blowing bubbles*, and working up to floating and gliding with assistance. We introduce kicking and arm strokes as the swimmer is ready. We incorporate games into our teaching to keep it fun. Perfect for getting little ones on the road to being water safe.

*Bubbles are an essential building block to learning rhythmic breathing/side-breathing eventually.

Preschool 2

Our swimmers begin to explore the water with more confidence. Building on the foundation of skills learned in preschool 1, we do more bobs with heads underwater, teach independent gliding with kicking, continue to work on arm strokes, introduce crawl stroke, teach swim-float-swim and jumping in the water and returning to the side unassisted.

Preschool 3

Our students continue work on gliding, kicking and swimming through the water independently on their front and back. Backstroke is introduced as well as front crawl stroke with side breathing. The students will learn to tread water and bob to safety unassisted.

Preschool 4

After passing Preschool 3, our students will increase how far they can swim with front crawl and backstroke, elementary backstroke and breaststroke are introduced. Students learn to

swim underwater, jump into the 4ft 10in end, tread water and then return to the wall without assistance.

YOUTH LESSONS (age 6-12)

Youth 1

We start with water comfort, getting our face in the water and working up to floating and gliding with assistance then without assistance. We teach rolling from front to back float and introduction of kicking and arm strokes. Introduction of front crawl and backstroke and swim-float-swim. We introduce treading water at this level and the beginning of side-breathing

Youth 2

Our students begin to explore the water with more confidence in Youth 2. Building on the foundational skills learned in Youth 1, we continue working on backstroke and front crawl with side breathing. Elementary backstroke is taught along with an introduction to breaststroke. Students swim underwater in this class and jump into the 4ft 10in end, tread water and then return to the wall without assistance.

Youth 3

In Youth 3, our students swim independently up to 10 yards doing crawl stroke, backstroke and elementary backstroke. Continued work on breaststroke, swimming underwater and changing directions while swimming. At this level we also introduce the dolphin kick.

Youth 4

Our Youth 4 swimmers work on increasing their distance with crawl stroke with side breathing, backstroke, elementary backstroke and breaststroke. We introduce butterfly stroke, bilateral breathing and sidestroke. We tread water for 1 minute at this level and teach safety skills.

Stroke Refinement Class

In this class, the student is already swimming crawl stroke, backstroke and elementary backstroke, and treading water for one minute. Stroke Refinement Class focuses on refining the strokes the swimmer can already do, improving stroke technique. We focus on the timing of the breaststroke and teach the underwater pull-out. Having learned butterfly in Youth 4, we now add proper breathing technique for butterfly, along with proper streamlines upon pushing off the wall, flip turns and open turns.

Competitive Readiness Class

This is our most advanced class for students who have passed our Stroke Refinement Class and/or may be considering moving into competitive swimming. Along with increasing endurance in each of the four strokes and continued work on technique, we teach IMs (individual medley) and swim sets. An especially helpful aspect of this pre-competitive class is improvement of flip turns, open turns and teaching proper breakouts and finishes.