

# YOUTH SWIM LESSONS

## **BARNACLES 1 (6-18 MONTHS OLD)**

This parent with child in the water program is a water orientation class with the instructor guiding the parent in teaching their child basic skills of swimming in a play-group atmosphere.

## **BARNACLES 2 (18 MONTHS-3+ YEARS OLD)**

This parent with child program is structured with an emphasis placed on independence and group learning. Class consists of structured instructional time, safety skills, and playtime.

## **TURTLES: (2-1/2-4 YEARS OLD)**

*Prerequisite:* Barnacles 2, or permission from pool staff. This parent/child class will allow children to continue working on water comfort and basic swimming skills, while working on becoming more independent in the water, and working towards swimming without direct parent participation.

## **DUCKLINGS/DOLPHINS (3-6 YEARS OLD)**

Children are grouped by ability level and taught personal safety skills, underwater skills, independent swimming skills, and floating skills. Our caring and supportive instructors will help build the confidence and strength of each swimmer while enabling them to grow independently in the water.

**Ducklings 1:** This class is for the beginner swimmer that cannot swim independently with a flotation device, or is wearing a 3 cell bubble belt. Ideal for the child who has not been in a lesson setting, the child will become better acclimated to the water and will focus on basic water and safety skills. *Prerequisite* - age 3 by start of class. *Skills Taught:* water adjustment & paddle stroke

**Ducklings 2:** *Prerequisite:* swim 1/2 length of the pool with 2 bubbles **horizontally** and be comfortable putting his/her face under water. *Skills Taught:* water adjustment & paddle stroke

**Dolphins 1:** *Prerequisite:* swim 1/2 length of the pool with 1 bubble and be comfortable with rhythmic breathing and back floating. *Skills Taught:* rotary breathing, basic elementary backstroke, basic front crawl, and introduction to treading water

**Dolphins 2:** *Prerequisite:* swim length of the pool without flotation, be comfortable rhythmic breathing, basic freestyle, and backstroke. *Skills Taught:* rotary breathing, basic elementary backstroke, basic front crawl, and introduction to treading water.

## **PROGRESSIVE LESSONS (AGES 6+ YEARS OLD)**

Children are grouped by ability level within this age group and are introduced to all of the strokes and focus on personal growth, safety, rescue skills, diving, and water games. Classes are 45 minutes long with a ratio of 5-8 swimmers per instructor (*based on skill level*).

**Level 1:** *Prerequisite* - Age 6 or older (may or may not be wearing flotation device). *Skills Taught:* rhythmic breathing, basic freestyle, personal safety, back floating

**Level 2:** *Prerequisite* - swim length of pool comfortably without flotation device & be able to put face underwater. *Skills Taught:* freestyle, backstroke, diving and treading water

**Level 3:** *Prerequisite* - swim length of pool freestyle with rotary breathing and backstroke. *Skills Taught:* freestyle, backstroke, breaststroke, diving and endurance

**Level 4:** *Prerequisite* - swim 50 yards freestyle and backstroke & 25 yards breaststroke. *Skills Taught:* technique on freestyle, backstroke, breaststroke, introduction to butterfly & flip turns

**Level 5:** *Prerequisite* - swim 100 yards continuously on freestyle and backstroke & 50 yards of breaststroke and butterfly. *Skills Taught:* stroke technique, starts & turns, how to read a swim workout and pace clock.

