

Group Swim Lessons

Weekday Session Fees: \$23 campers/30 members/50 non-members

Saturday Session Fees: \$23 members/38 non-members



Frogs & Tadpoles: This is an interactive class and we recommend that the child has at least the ability to hold his/her head up independently. The class will mimic much of the Flounder Station, but will be catered to the age group and adult/child relationship. There will be a strong emphasis on safety, water acclimation, and teaching through game/song and parent involvement.



Flounder: Water Exploration: The objective of this station is to help students feel comfortable in the water and enjoy the water safely. Students will be introduced to floats and bobs, as well as assisted locomotion in the pool. Students will need to be capable of being in a class setting without parent involvement. No experience necessary.



Jellyfish: Primary Skills: Students learn to float without support and to recover to a vertical position. This station marks the beginning of locomotion skills and adds to the self help and basic rescue skills learned in Level 1. Students placed in this station have already achieved a sense of water acclimation and no longer show hesitation in a pool setting.



Octopus: Stroke Readiness: Students are taught to coordinate freestyle and backstroke. Elementary backstroke and fundamentals of treading water will be introduced in this station. Students will also begin the progression of diving and continue to learn safety skills.



Clownfish: Stroke Development: The objective of this station is to refine both freestyle and backstroke. Endurance will be increased in all skills learned in previous stations. Breaststroke, butterfly and flip turn development will be introduced, as well as the next step of the diving progression.



Seahorse: Stroke Refinement: The objective of this station is the coordination and refinement of all four competitive strokes. Students will learn to swim all strokes legally, per swim team standards, at increased distances. Students will finish both the diving and flip turn progressions and be able to complete a 100 meter continuous swim.

Weekday Swim Lesson Session Date

Session 1: Jun 4-Jun 14, **Registration Deadline May 30**

Session 2: Jun 18-Jun 28, **Registration Deadline Jun 13**

Session 3: Jul 2-Jul 12 (No Class Jul 4, Class Jul 6), **Registration Deadline Jun 27**

Session 4: Jul 23-Aug 2, **Registration Deadline Jul 18**

Weekday Morning Lessons Mon-Thurs (30 min)

<u>Level</u>	<u>Session</u>	<u>Times Available</u>
Frog & Tadpole	1, 2, 3, 4	11-11:30 AM
Flounder	1, 2, 3, 4	9-9:30 /9:45-10:15 /10:30-11 AM
Jellyfish	1, 2, 3, 4	9-9:30 / 9:45-10:15 /10:30-11 AM
Octopus	1, 2, 3, 4	9-9:30 / 9:45-10:15 / 10:30-11 AM
Clownfish	1, 2, 3, 4	10:30-11 AM
Seahorse	1, 2, 3, 4	10:30-11 AM

Saturday Swim Lesson Session Dates:

Session 1: Jun 2- Jun 30

Session 2: Jul 7-Aug 4

Saturday Lessons (30 min)

<u>Level</u>	<u>Session</u>	<u>Times Available</u>
Frog & Tadpole	1, 2	11-11:30 AM
Flounder	1, 2	9:30-10 AM
Jellyfish	1, 2	10:15-10:45 AM
Octopus	1, 2	11-11:30 AM
Clownfish	1, 2	11-11:30 AM
Seahorse	1, 2	11-11:30 AM