

# LEARN TO SWIM

## PROGRAM DETAILS

### **Adult/Child – Water Babies** *Member Rate \$105 / Non-Member Rate \$120*

Introduction to water and develop positive experiences for both adults and children. Adults learn the keys to creating and maintaining a foundation for swim success. Children's capabilities will vary

#### **Key Points:**

- For adults with a child 6 to 24 months.
- Develop techniques to work with your own child
- 1:6 instructor: student ratio

#### **Skills Developed:**

- Water entry and exit
- Assisted back float
- Wall Grab
- Bubbles and submersion
- Back float

### **Adult/Child – Water Tots** *Member Rate \$105 / Non-Member Rate \$120*

Promote positive response to the water. Explore body positions and fundamentals of swimming. We will emphasize independent water movements and work towards readiness for our group learn-to-swim program. Children's capabilities will vary.

#### **Key Points:**

- For adults with a child 24 to 60 months.
- Develop techniques to work with your own child
- Work to achieve individual readiness for group lessons
- 1:6 instructor: student ratio

#### **Skills Developed:**

- Water entry and exit
- Assisted back float
- Wall Grab
- Bubbles and submersion
- Back float/Front float

### **Level 1** *Member Rate \$105 / Non-Member Rate \$120*

Develop comfort with underwater exploration, breath control and safely entering or exiting the water. Develop and enhance body positions and swimming fundamentals.

#### **Key Points:**

- 2 different age levels: 3-5 years old and 6 and over
- Develop water independence and comfort
- 1:4 instructor: student ratio

#### **Skills Developed:**

- Independent entry and exit of the water
- Wall slides to steps and exit the water
- Breath control with holding breath and blowing bubbles
- Assisted front & back float
- Introduction to aquatic arm action
- Introduction to kicks on front & back with glide

### **Level 2** *Member Rate \$105 / Non-Member Rate \$120*

Swimmers work on body position and fundamentals of swimming on front and back. Focus on changing direction and movement in the water.

#### **Key Points:**

- 2 different age levels: 3-5 years old and 6 and over
- Develop fundamentals for front & back crawl with arm and leg action.
- Develop rhythmic breathing
- 1:4 instructor: student ratio

#### **Skills Developed:**

- Submerge underwater
- Independent front & back float
- Independent front & back glide with leg action
- Front crawl arm action
- Introduction to rhythmic breathing
- Assisted elementary backstroke



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### Level 3 *Member Rate \$105 / Non-Member Rate \$120*

Integrate arm and leg action and develop swimming to safety from farther distances. Swimmer will combine arm and leg action and conquer the basics of front crawl, back crawl and elementary backstroke.

#### Key Points:

- Development of basic stroke techniques
- Focus swimming to safety
- 1:4 instructor: student ratio

#### Skills Developed:

- Front crawl with combined arm and leg motion (5 yards)
- Introduction to rhythmic breathing
- Elementary backstroke (15 yards)
- Backcrawl with combined arm and leg action (5 yards)
- Introduction to breaststroke
- Swim underwater 5 yards

### Level 4 *Member Rate \$105 / Non-Member Rate \$120*

Develop and strengthen stroke technique for front crawl, back crawl and elementary backstroke with a focus on stamina and distance. Introduction to butterfly and breaststroke.

#### Key Points:

- Enhancement of stroke technique
- Developing stamina and endurance
- 1:4 instructor: student ratio

#### Skills Developed:

- Front crawl 25 yards
- Back crawl 25 yards
- Elementary Backstroke 25 yards
- Breaststroke kick 10 yards
- Butterfly kick 10 yards
- Introduction to sidestroke

### Level 5 *Member Rate \$105 / Non-Member Rate \$120*

Develop butterfly, breaststroke and sidestroke. Continue to enhance all stroke mechanics. Focus on endurance and swimming up to 150 yards.

#### Key Points:

- Focus on endurance and swimming longer distances
- Use of resting strokes
- 1:6 instructor: student ratio

#### Skills Developed:

- 150 yard swim with combination of strokes
- 50 yards front crawl
- 50 yards backstroke
- 50 yards elementary backstroke
- 25 yards breaststroke
- 25 yards sidestroke
- 15 yards butterfly

### Stroke Clinic *Member Rate \$132/Non-Member \$150*

Fine tune four competitive strokes, develop flip turns and technical skill for competition.

#### Key Points:

- Focus on racing and pacing.
- Maximize turnaround time though flip turns
- Competitive dives and starts
- Development of power and speed
- 1:6 instructor: student ratio

### Adult Lessons & Training Development

Available in September

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