



# SUMMER SWIM LESSONS

## Levels & Descriptions

### Ages 6 months - 3 years

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| <b>Aqua Tots</b> | Basic level course that introduces small children into swimming pools. This course helps the parents learn about water safety and water skills along with their child. The purpose of this course is to help children become comfortable in the water and make the transition into a preschool class easier for them. The children will learn basic movements through the water and under the water. Learning how to breathe by blowing bubbles is one focus of this course. An adult must accompany every child enrolled in the course. |
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### Preschool Ages 3-5

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| <b>Tadpole Level 1</b>  | Tadpole is a beginner level course for those with little swim experience. Tadpoles are usually timid of the water and apprehensive about putting their face under. These swimmers need lots of “hands-on” attention with continuous positive feedback. Tadpoles learn how to get into and out of the pool safely as well as getting comfortable in the water.  |
| <b>Seahorse Level 2</b> | Seahorse is a course for those who are used to the water and spends less time with water. The course will teach children beginner techniques of front crawl. These swimmers are usually comfortable in the water and need more instruction on stroke development. Swimmers enrolled in this class will spend half the time with the instructors “hands-on” attention and half the class doing it without “hands-on” attention. |
| <b>Goldfish Level 3</b> | Goldfish is a course for more advanced swimmers and teaches stroke development, endurance and skills without “hands-on” attention from instructor. These swimmers should have no problem with moving around in the pool.   |
| <b>Koi Level 4</b>      | Koi is a course for the very advanced preschooler. Swimmers in this course will practice front crawl skills with very little or no help from instructor and should be able to swim 5yds by themselves. The instructor will focus specifically on each swimmers skill and give corrective instruction accordingly.  |

### Youth Ages 6 - 12

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| <b>Flounder Level 1</b>  | Flounder is a beginner lever course for this age group teaching the essentials of water acclimation; including, basic breathing techniques, front crawl basics, float techniques, treading water, and entering and exiting the pool safely. This course is for swimmers with very little or no swimming experience. The comfort level for these swimmers is very low and instructor is “hands-on”. |
| <b>Mullet Level 2</b>    | Mullet swimmers know basic techniques but need additional practice. The comfort level is higher for this class but repetition is needed. V e r y little “hands-on” instruction is given. This class will introduce the backstroke and endurance is a priority in this class.   |
| <b>Snapper Level 3</b>   | Snapper is a course for the intermediate swimmer. Snapper swimmers love to swim but lack strong stroke technique. This course will teach specific stroke development for front crawl and backstroke as well as treading water without assistance. Endurance is also a priority in this class.  |
| <b>Pompano Level 4</b>   | Pompano is a course focusing on stroke development for front crawl, backstroke and breaststroke. Diving is introduced in this course. The instructors will work on very specific stroke techniques. These swimmers need corrective instruction and they pick the skills up quickly.  |
| <b>Barracuda Level 5</b> | Barracuda is an advanced level course. This course will prepare a swimmer for a swim team. The instructor identifies and corrects stroke development/techniques. Sidestroke and flip-turns are introduced in this course. This course is for swimmers who are serious about swimming and are quick to learn.   |

### Adaptive, Adult & Private Lessons

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| <b>Adaptive Course All Ages</b>      | The adaptive course is designed to benefit any special needs disability through water training. Participants receive one-on-one instruction and work on skills such as floating, paddling, breathing techniques, and stroke development. The structure of the class is designed to match the needs of the participant.               |
| <b>Adult Course Ages 13 &amp; Up</b> | The adult course is for any beginner - intermediate who wants to learn how to swim. This course teaches a wide range of skill level, the instructor will work “hands-on” with each individual and will expect self-motivation and practice. The swimmers in this course should be eager to learn and work towards perfecting skills. |
| <b>Private Lessons</b>               | Private swim lessons allow the instructor to personalize sessions to fit individual needs and schedules. All lessons are dependent on availability of the instructor and facilities.   |