

NEW SWIM LESSONS

# SWIM LESSONS

## STRONG SWIMMERS

# CONFIDENT KIDS

## STAGE DESCRIPTIONS



### SWIM STARTERS

Accompanied by a parent/caretaker in the water, infants and toddlers learn to be comfortable in the water.

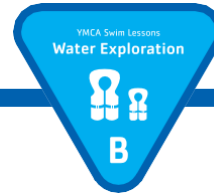


PARENT & CHILD



### A / WATER DISCOVERY

Stage A introduces infants and toddlers to the aquatic environment and encourages them to enjoy themselves while learning about the water with a parent/caretaker whom they trust in the water. 6-18 months.



### B / WATER EXPLORATION

Parents work with their children in the water to learn fundamental safety and aquatic skills such as floating, blowing bubbles and pre-swimming activities. 18 months-3 years.



### 1 / WATER ACCLIMATION

Students learn to float and develop comfort with getting their faces wet, blowing out while underwater and learn to safely exit the pool. Designed for first time swimmers.



### 2 / WATER MOVEMENT

Students focus on body position and control, directional change and forward movement in the water continuing to perfect water safety and survival skills.



### 3 / WATER STAMINA

Students learn how to swim to safety using rhythmic breathing with integrated arm and leg action are introduced.

### SWIM BASICS

Students learn personal water safety and achieve basic swimming competency by: Swim, float, swim – sequencing front glide, roll, back float, roll, front glide and exit.



### 4 / STROKE INTRODUCTION

Students develop stroke technique in front crawl and back crawl and learn the breaststroke kick, elementary backstroke and advanced stroke skills.



### 5 / STROKE DEVELOPMENT

Students learn breaststroke and dolphin kick while developing endurance and refine front crawl and backstroke.



### 6 / STROKE MECHANICS

Students learn butterfly while continuing to develop endurance while refining breaststroke, back and front crawl. Flip turns and diving are introduced.

### SWIM STROKES

Students learn and refine stroke technique as well as safety and survival skills.

QUESTIONS? Contact Aquatics Program Director: (515) 777-7746 ext.1112