



Parent and Tot: Baby Sea Turtle

Lesson description

OVERVIEW & PURPOSE

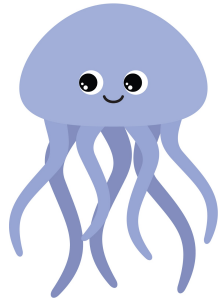
Overview: In this program, infants and toddlers learn to be comfortable in the water and develop swim readiness skills through fun and confidence-building. Parents learn about water safety, drowning prevention and the importance of supervision. They will explore together while singing songs, engage in beginning swim activities and play. This class is taught by a certified red-cross WSI (water safety instructor) teacher. **Purpose:** To be safe, and to have fun while learning some great tools you can use for enhancing their mental and physical development. **Ratio:**6:1 **Class Length:** 30 minutes

What to Bring: Towel or swim robe,swimsuit, goggles (optional), swim diaper (required for under 3 yrs. and non-potty trained swimmers)

ACTIVITIES

- Blowing bubbles on surface of water
- Kicking
- Arms
- Songs
- Ways to hold your child in the water

The instructor will make it around to everyone at least once during the class. That's the time you want to ask any questions you may have. We are all at different levels in this class and the instructor can give you different tools to use for where your child is at in their swimming



Level 1: Jellyfish

Lesson Description

OVERVIEW & PURPOSE:

Description: These classes are designed for children **without** additional parent/guardian assistance. Learn personal water safety and achieve the basic swimming competency by learning benchmark skills. Bubbles, breath control, **Purpose:** Safety, buoyancy and beginning locomotion on front and back with assistance from instructor, bubbles, going under water, jumps, kicking, arms, begin to float on front and back and begin some independence in the water. **Ratio:** 4:1 or 8:2 **Class Length:** 30 minutes **Age:** 3 Years +

What to Bring: Towel or swim robe, swimsuit, goggles (optional), swim cap or hair tie for hair past chin length

SKILLS

- Bob to submerge in the water
- Front and back float with glide with help
- Kicks
- Arms
- Elementary back
- Front Crawl
- Jumps



Level 2: Starfish

Lesson Description

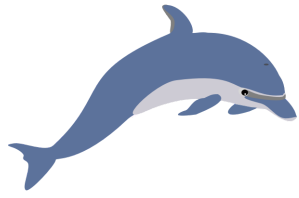
OVERVIEW & PURPOSE

Description: These classes are for children with level 1 skills while continuing independence in the water. Kids learn how to swim to safety from a longer distance than in previous stages. Bubbles, kicking, arms front and back. Roll from back to front and front to back with help and tread water. We add new skills and techniques with what we learned in level 1. **Purpose:** Focus on body position and control, directional change, forward movement in the water. To improve coordination of leg and arm actions on front and back, roll over from front to back, back to front, entering and exiting the water and continue to build their confidence in the water. **Ratio:** 4:1 or 8:2 **Age:** 4years and up

What to Bring: Towel or swim robe,swimsuit, goggles (optional), swim cap or hair tie for hair past chin length

SKILLS

- Front and back float with glide with little to no help
- Bob to submerge in the water (5 with instructor, 5 without)
- Rollover from back to front and front to back
- Tread for 5-10 second
- Kicks
- Arms
- Elementary back
- Front Crawl
- Jumps
- Retrieve an object under water



Level 3: Dolphin

Lesson Plan

OVERVIEW & PURPOSE

Description: These classes are designed for children with level 1, 2 lesson skills who have passed, all with confidence. We will also focus on better breath control, gaining more independence in the water. These students are more on their own with less hands-on assistance. **Our goals:** having mastered the fundamentals, kids will learn additional water-safety skills and build stroke technique. Front crawl (freestyle) with side breathing, elementary backstroke, back crawl (backstroke). Introducing breaststroke and butterfly. **Ratio:** 4:1 or 8:2 **Age:** 4-5years and up

What to Bring: Towel or swim robe,swimsuit, goggles (optional), swim cap or hair tie for hair past chin length

SKILLS

- Streamline off the wall
- Swim the front crawl (freestyle) with rotary breathing (about 15 yards)
- Elementary backstroke (15 yards)
- Back Crawl (backstroke, 15 yards)
- Breaststroke kick
- Dolphin kick
- Dive from sitting, kneeling and compact position
- Tread water for 10-15 seconds
- Retrieve an object from bottom of pool
- Dive from kneeling and or compact position
- Build endurance and confidence in the water



Pre-Team: Baby Sea Dragon

Lesson Description

OVERVIEW & PURPOSE

Description: These classes are designed for children or pre-teens who have mastered levels 1,2 and 3, all with confidence. Kids work on stroke technique and learn the major competitive strokes. They will also learn about competitive swimming and discover how to incorporate swimming into a healthy lifestyle. **Purpose:** To learn all 4 competitive strokes, gain endurance, get healthy, learn a standing dive from the deck. Learn how to do a flip turn off the wall. **Ratio:**6:1 **Age:** 5-6 years and up

.What to Bring: Towel or swim robe,swimsuit, goggles (optional), swim cap or hair tie for hair past chin length

SKILLS

- Swim the front crawl (freestyle) 25 yards
- Swim back crawl (backstroke) 25 yards
- Breaststroke 25 yards
- Butterfly 25 yards
- Sidestroke or elementary backstroke 25 yards
- Dive from a standing position
- Tread water for one minute
- Swim any combination of strokes for 50 yards

What you need to know

1. When you arrive, please check in at the front desk. You will be asked your name and child's name. At that time, if all is clear, you may enter the pool area.
2. Please Rinse off before entering into the pool as this will help keep our pools clean and open, for all to enjoy.
3. Make sure all and any valuables are locked away in a safe place. We are not responsible for any lost or stolen items.
4. If your child is not toilet trained, they must have a proper swim diaper on. (For your convenience, we have swim diapers, for purchase, at the front office.
5. There is no food or drinks allowed on, near or in the pool area. Please keep all food and drink on the outside of the enclosed pool gate. Throw all items in a trash can
6. Classes can and may be canceled at any given time due to unforeseen circumstances. We will do our best to inform you in a timely manner of any changes that may occur with closure to or of the pool for any given reason or a class cancellation, due to not enough students for the class (3 or more) to go on
7. Children should not enter the pool before the instructor. Please have your child wait outside the pool and wait for the instructor to give directions on when and how to enter the pool.