



## **We are happy to announce that we have a new Learn to Swim Program!**

The goal within our progressive program is to provide a safe and fun learning environment that teaches children to swim. If your children have come to the pool with their school this year for swim lessons, they have already been introduced to the new program.

Children will be sorted into levels on their first day to better accommodate each child's learning style and skill level. Children can move through the levels in one session depending on skill development.

We have an 11-level progression program. This program is focused on skills development and a positive experience for the students and parents.

**Water Babies**- Infant - 3yrs - Centered on water play and development of water awareness. Parent is in the water and an active member of class.

**Pre School** - 4-5yrs - We are teaching water confidence and independence. Children must be able to attend class without a parent being by the side of the pool or in the water. Must be able to listen and follow directions. Key skills, letting water drain from mouth, walking independently in water and slow bobs.

**Level 1** - 6yrs and up - This level is teaching water confidence and independence. Children are learning how to move in that water and how water moves around them. Key skills, letting water drain from mouth, walking independently in water and slow bobs

**Level 2** - Introduction of movement and balance while learning to be comfortable with face in the water. Based on water acclimation, learning their own buoyancy and stability and becoming comfortable with their face in the water. Key skills, face floating with legs stretched out, floating on back and float like a ball on front for 5 seconds.

**Level 3** - This level focuses on movements that set a child up for successful swimming. Key skills, introducing floating on back and front with ease and with recovery. Flipping from front float to back float without feet on bottom and gliding.

**Level 4** - This level is focused on learning good habits. Key skills, floating on back with confidence. Unassisted gliding and kicking with an introduction to freestyle, backstroke and finning on back

**Level 5** - This level is focused on honing skills and becoming water confident with attention to proper body positioning. Key skills, moving fluidly from front to back. Freestyle confidence. Introduction to rhythmic breathing. Introduction to treading water with eggbeater kick. Must pass Safety Swim Test (20 yards freestyle, turning on back to breathe, in shallow end of lap pool without touching the bottom).

**Level 6** - Increasing skill development and proper technique. Focus on body positioning and core strengthening. Continued endurance training. Key skills, practicing side breathing, backstroke, and learning flip turns. Freestyle for 50 yards (2 laps) with flip turn.

**Level 7** - Continued endurance and stroke technique. Key skills, treading water with egg beater kick, freestyle 100 yards (4 laps), introduction to breaststroke, backstroke, diving from side, introduction to butterfly.

**Level 8** - Continued endurance and stroke technique. Key skills, breaststroke 25 yards (1 lap), Butterfly 10 yards, Freestyle 150 yards (6 laps) with flip turns.

**Level 9** - Continued endurance and stroke technique. Key skills, freestyle 200 yards (8 laps), butterfly 25 yards (1 lap), breaststroke 50 yards with proper pull out.

**Level 10** - Continued endurance training. Key skills, freestyle 300 yards with flip turns (12 laps), backstroke 100 yards (4 laps), IM 100 yards (4 laps) and diving off the diving blocks

After finishing our program, students can move onto our **Developmental Team**, coached by Shane Dye, this group focuses on developing a competitive swimmer. It is meant to hone skills, prepare for swim team competitions and build endurance.