

SWIMMING LESSONS

SUMMER 2010 - COLBY LAKE POOL

As of 2009, we no longer will be teaching Red Cross Certified Swim Lessons. This is in an attempt to avoid having to increase swim lesson fees. We will follow the descriptions from the 2008 Swim Lessons levels.

Level 1 – Introduction to Water Skills

This is an entry level class. No previous experience or skills are necessary for this class. Children will build a sound foundation of water adjustment safety and skill. Skills will include floating and gliding on front and back and alternating leg and arm movements for a combined stroke.

Level 2 – Fundamental Aquatic Skills

Swimmers in this level will build upon the basic skills expanding on the fundamentals of locomotion and safety. Rhythmic breathing, front crawl and back crawl are introduced.

Level Pre-2 – In Between

This is not a Red Cross certified level, but it is designed to bridge the gap between Levels 1 and 2. Level Pre-2 will continue to focus on building swimming foundations like floating by themselves and using a combination of arm and leg movements, but it will also start to refine those movements into strokes like the Elementary Backstroke and the rhythmic breathing for the Front Crawl.

Level 3 – Stroke Development

This class emphasizes endurance and improving stroke proficiency. Swimmers will be introduced to the front and back glides, front crawl, back crawl and butterfly body motion.

Level 4 – Stroke Improvement

Students will focus on refining their strokes with attention to detail and will continue to develop endurance. Open turns, the breast stroke and sidestroke will be introduced.

Level 5 – Stroke Refinement (we combine level 5 & 6)

Refining coordination and improving endurance are emphasized at this level. Flip turns and surface dives are introduced.

Level 6 – Swimming and Skill Proficiency –Lifeguard Readiness

All swimmers will strive to swim with greater power, efficiency, smoothness and ease for improved endurance over greater distances and longer times. In addition, Level 6 is designed with “menu” options. Each of these options focuses on preparing students to participate in more advance courses such as Water Safety Instructor and Lifeguard Training. The Lifeguard Readiness option will introduce student to basic life guarding skills such as using a backboard, reaching and throwing assists, and two-person victim removal.