

SWIMMING LESSONS

COLBY LAKE POOL

Our lessons reflect the Red Cross swimming lessons, but are not Red Cross Certified. CLP swim lessons are taught by our lifeguards, many of whom are Water Safety Instructor certified experienced swimmers and swim instructors. Below are descriptions of our seven different levels.

Level 1 – Introduction to Water Skills

This is our beginner swimmer lesson, mainly for kids aged 4 and below, who have little to no experience in swimming lessons. Children will learn to play and move in the water comfortably with the assistance of their instructor. Skills will include back float, front float, kicking and paddling with assistance to set the foundation for learning their swimming strokes.

Level Pre-2 – Foundation Development

This lesson is designed to bridge the gap between Levels 1 and 2. This level will introduce the basics for front crawl and back crawl by teaching arm movements and kicking on their back using a kickboard comfortably. Students will gradually move from the stairs to holding the wall.

Level 2 – Fundamental Aquatic Skills

Swimmers in this level build upon their basic skills, swim safety and develop their strokes. Elementary backstroke will be introduced in this level. Students will begin to use less assistance from teacher towards relying on their ability to swim independently or using a kickboard.

Level 3 – Stroke Development

This level enhances the swimmer's ability to swim independently and will be expected to swim one pool distance to pass. Students should be able to use a kickboard without assistance and to swim about 15 feet independently. Safety talks will also engage students in learning about their own safety and responsibility whenever outside.

Level 4 – Stroke Improvement

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

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

Refining coordination and improving endurance are emphasized at this level. Students are swimming multiple pool lengths to build endurance and strength. Flip turns and surface dives are introduced as well as the beginnings for lap swimming.

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 faster times. Swimmers will learn about competitive swimming skills as well as introductions into lifeguard skills. They will swim a combined 500 during this class.