

SWIMMING LESSONS

COLBY LAKE POOL

Our lessons follow the outlines offered by the Red Cross, however our lessons are not Red Cross Certified Swim Lessons. Our lessons are taught by our guards, many of whom are competitive swimmers. Here is a description of our lessons.

Level 1 – Introduction to Water Skills

This is an entry level class. No previous experience or skills are necessary for this class. Children build a sound foundation of water adjustment safety and skill. Skills 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 build upon their 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 level. It is designed to bridge the gap between Levels 1 and 2. Level Pre-2 continues to focus on building swimming foundations like floating by themselves and using a combination of arm and leg movements. It also starts 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 are introduced to the front and back glides, front crawl, back crawl and butterfly body motion.

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.

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 advanced 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.