



<b>Level 1-Bubbles</b> Instructor holds child for: Gradual Water Adaption Breath holding and release Put face under water Blow bubbles Bobbing Safe entry and exit from pool Safety introduction	<b>Level 2-Floats</b> Bobbing face submerged Front float & recovery-5 seconds Back float & recovery-5 seconds Jellyfish float Bobbing to safety Steamboat Jump in assisted Safety introduction	<b>Level 3b-Crawl Stroke</b> For the new to level 3 swimmer <b>Introduction</b> to crawl stroke to include breathing, kick, and arm strokes. Deep water jump unassisted Roll over and change direction Safety introduction	<b>S W I M M I N G  L E S S O N  I N F O R M A T I O N  2 0 1 0</b>
<b>Level 3r-Crawl Stroke</b> For the returning level 3 swimmer <b>Master</b> crawl stroke to include breathing, kick, and arm strokes the width of the pool. Deep water jump unassisted Roll over and change direction Safety introduction 	<b>Level 4-Backstroke</b> Crawl length of pool Master backstroke to include kick and arm strokes width of pool Elementary Backstroke Underwater swim one width of pool Standing dive from deck Safety introduction	<b>Level 5-Breaststroke</b> Crawl two lengths of pool Backstroke length of pool Master breaststroke to include breathing, kick, and arm strokes width of pool Underwater swim one length of pool Safety introduction	
<b>Level 6-Butterfly</b> Crawl two lengths of pool Backstroke two lengths of pool Breaststroke one length of pool Master butterfly stroke to include breathing, kick, & arm strokes the width of pool Diving into stroke Jump in deep end, tread water for 30 seconds Safety introduction	<b>Private Lessons</b> Individualized lessons for swimmers who desire to learn or improve their skills. This class is M-F - 20 minutes each day. Ages 3-adult 	<b>Swim Team Prep (STP)</b> Crawlstroke 2 lengths w/breathing Backstroke two lengths Breaststroke two lengths Butterfly stroke two lengths Diving into stroke Circle swimming Open turns IM swimming Intro to swim team terminology Swim sets	
<b>Offered Session 1</b> Private, Private, Private, Private 2, 3b, 3r, 5 Private, Private, Private, Private 1, 2, 3r, 6 1, 4, Private 3b, 4, Private 3r, 4, Private 3r, 4, Private	<b>Offered Session 2</b> Private, Private, Private, Private 2, 3b, 4, 6 Private, Private, Private, Private 1, 3b, 3r, 5 3r, 4, Private 2, 5, Private 3r, 4, Private 3r, 4, Private	<b>Offered Session 3</b> Private, Private, Private, Private 2, 3r, 4, 6 Private, Private, Private, Private 3b, 3r, 4, 5 2, 3r, Private 2, 4, Private 1, 5, Private 3r, 4, Private	8:45 AM 9:05 AM 9:40 AM 10:00 AM 10:45 AM 11:15 AM 12:00 PM 12:30 PM
<b>Offered Session 4</b> Private, Private, Private, Private 2, 3b, 3b, 6 Private, Private, Private, Private 2, 4, 5, 5 3r, 6, Private 2, 4, Private 3r, 5, Private 1, 4, Private	<b>Offered Session 5</b> Private, Private, Private, Private 2, 3r, 6, STP Private, Private, Private, Private 2, 3b, 5, 6 3r, 4, Private 2, 5, Private 4, 5, Private 1, 3r, Private		8:45 AM 9:05 AM 9:40 AM 10:00 AM 10:45 AM 11:15 AM 12:00 PM 12:30 PM



