

# NEW SWIM LESSONS



## STRONG SWIMMERS CONFIDENT KIDS

### STAGE DESCRIPTIONS



#### SWIM STARTERS

Accompanied by a parent, infants and toddlers learn to be comfortable in the water.



PARENT & CHILD



#### A / WATER DISCOVERY

Stage A introduces infants and toddlers to the aquatic environment.



#### B / WATER EXPLORATION

In Stage B, parents work with their children to learn fundamental safety and aquatic skills.



#### 1 / WATER ACCLIMATION

Students develop comfort with underwater exploration and learn to safely exit the pool.



#### 2 / WATER MOVEMENT

Students focus on body position and control, directional change, and forward movement in the water.



#### 3 / WATER STAMINA

Students learn how to swim to safety from a longer distance. Rhythmic breathing and integrated arm and leg action are introduced.

#### SWIM BASICS

Students learn personal water safety and achieve basic swimming competency by:

- Swim, float, swim—sequencing front glide, roll, back float, roll, front glide, and exit
- Jump, push, turn, grab



#### 4 / STROKE INTRODUCTION

Students develop stroke technique in front crawl and back crawl and learn the breaststroke kick and butterfly kick.



#### 5 / STROKE DEVELOPMENT

Students work on stroke technique and learn all major competitive strokes.



#### 6 / STROKE MECHANICS

Students refine stroke technique on all major competitive strokes, learn about competitive swimming, and discover how to incorporate swimming into a healthy lifestyle.

#### SWIM STROKES

Students learn safety skills and build stroke technique.

### HAVE MORE QUESTIONS?

Our front-desk staff is available to answer any questions about the swim lessons program.