



BUDLONG POOL SWIM LESSONS

July 6 - August 8, 2015



Mondays & Fridays

Session 1: 10:00 a.m. - 10:45 a.m.

Session 2: 11:00 a.m. - 11:45 a.m.

Wednesdays & Saturdays

Session 1: 10:00 a.m. - 10:45 a.m.

Session 2: 11:00 a.m. - 11:45 a.m.

Please Note: Space is limited to 10 participants per session. If there is not a minimum of 10 participants, your session could be subject to change.

Swim Class Descriptions

Beginner 1: Ages 3 – 5 (No previous experience and needs floatation device)

- No previous experience and needs the help of the instructor along with a bubble/floatation device to swim.
- Skills taught: help students feel comfortable in water, entering and exiting water safety, swimming on front and back, submerging mouth, nose, and eyes, floating on back, exploring arm and leg movements under water
- The goal is to have student be comfortable swimming by themselves with a bubble, without the instructor.

Beginner 2: Ages 3 – 5 (Swims with assistance of floatation device)

- The student is more comfortable in the water and is able to get face wet and kick their legs properly. Student is able to swim on their own or with the help of a bubble.
- Skills taught: pool safety, swimming on front and back, submerging body into water, gliding on side, breathing, jumping into pool on their own, using legs/arms properly with breathing, floating on back, sit dives
- The goal is to get students comfortable going under water, teach basic strokes, and swim without a bubble.

Intermediate 1: Ages 6 and older (Swims independently— no stroke knowledge)

- The student can swim independently without a bubble but has no stroke knowledge.
- Skills taught: pool safety, techniques associated with freestyle swim and breast stroke, butterfly kicks, diving skills, submerge into water, rotary breathing, treading water
- The goal is to get the students comfortable with going under water, learning how to tread water and bob, and learn basic strokes with proper breathing.

Intermediate 2: Ages 6 and older (Swims independently with basic strokes)

- The student can swim independently without a bubble and has only minimal, basic stroke knowledge.
- Skills taught: pool safety, all strokes with breathing, diving, treading water, flip turns
- The goal is to get the students swimming great free style and breast stroke and good butterfly and back stroke, to perform rotary breathing effectively, and to learn how to turn at wall/flip turns.

Advanced: Ages 6 and older (Can perform a variety of strokes)

- The child can swim all strokes independently.
- Skills taught: all strokes and proper breathing for each stroke, how to turn at wall, flip turns, streamlining, pullouts, diving, treading water, bobbing in deep water
- The goal is for students to learn all the strokes and the breathing and wall turns associated with the stroke and to build the endurance to swim laps.