

## SWIMMING LESSON (ABILITY LEVEL GUIDELINES)

### Lesson Dates (2015):

Session I July 6th - July 17th  
(Fridays are rain dates)

Session II July 20th - July 31st  
(Fridays are rain dates)

### General Swimming Lesson Info

1. Please observe the swimming ability level guidelines when registering your child.
2. Swim instructor reserves the right to transfer students to the proper class level.
3. Lessons are half hour blocks and may run anywhere from 10:30am to 1:00pm.
4. You will be notified of lesson time before your scheduled session date.
5. Poor weather may cause cancellations. Please check our website & Facebook page for notices.

### **LEVEL**

### **DESCRIPTION**

Group A	<u><i>This group is for new or non-swimmers.</i></u> Children will get comfortable in the water, learning to blow bubbles and submerge their face. They will also learn to do the back and front float (while supported). They will retrieve objects from the bottom of the pool in knee / waist deep water and learn the flutter kick (while supported).
Group B	<u><i>This group is for beginner swimmers.</i></u> Children will fully submerge their bodies and be able to hold their breath (while submerged) for 5 seconds. They will be able to do the back and front float (unsupported), retrieve objects from the bottom of the pool in waist / chest deep water, able to do the front crawl and swim backwards for 5 yards, change from front to back without standing and practice arm motions while standing.
Group C	<u><i>This group is for advanced beginner swimmers.</i></u> Children will "bob" in the water over their heads and be able to hold their breath (while submerged) for 15 seconds, able to do the front crawl and back crawl for 15 yards, change direction when swimming on front or back and front crawl with rhythmic breathing for 10 yards.
Group D	<u><i>This group is for intermediate 1 swimmers.</i></u> Children will swim underwater (2 body lengths), able to do the front crawl and back crawl (25 yards), elementary back stroke (25 yards), side and breast stroke kick (10 yards), sculling or fining on back (10 yards). Introduce side and breast side stroke arms and tread water for 1 minute.
Group E	<u><i>This group is for intermediate 2 swimmers.</i></u> Children will swim underwater (3 body lengths), able to do the front crawl and back crawl (50 yards), elementary back stroke (25 yards), side and breast stroke kick (10 yards). Introduce the butterfly, surface dives and swim continuously for 5 minutes and tread water for 2 minutes.
Group F	<u><i>This group is for advanced swimmers.</i></u> Children will swim underwater (10 yards), able to do the front crawl and back crawl (100 yards), side and breast stroke (25 yards), butterfly (10 yards), surface dives and swim continuously for 10 minutes.