

NEW SWIM LESSONS



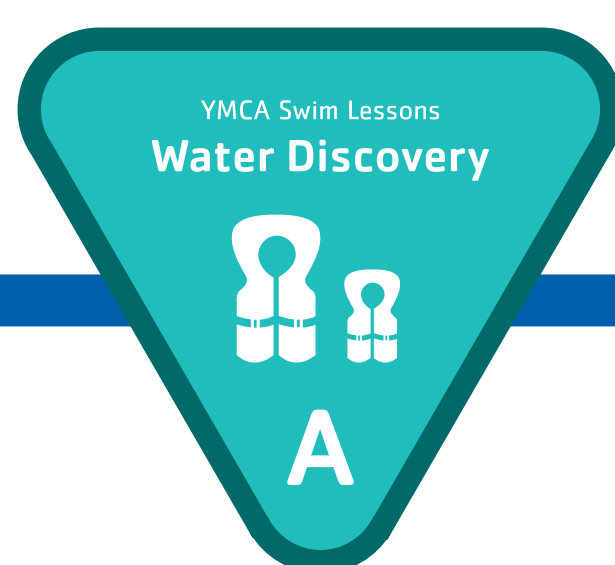
STRONG SWIMMERS CONFIDENT KIDS

STAGE DESCRIPTIONS

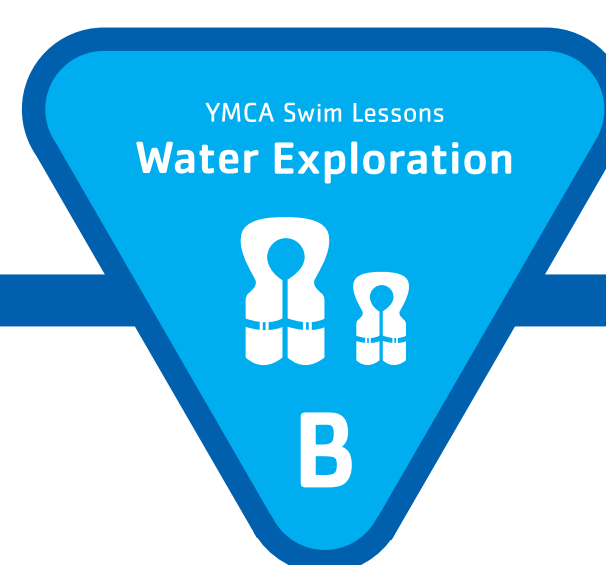


SWIM STARTERS

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



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.

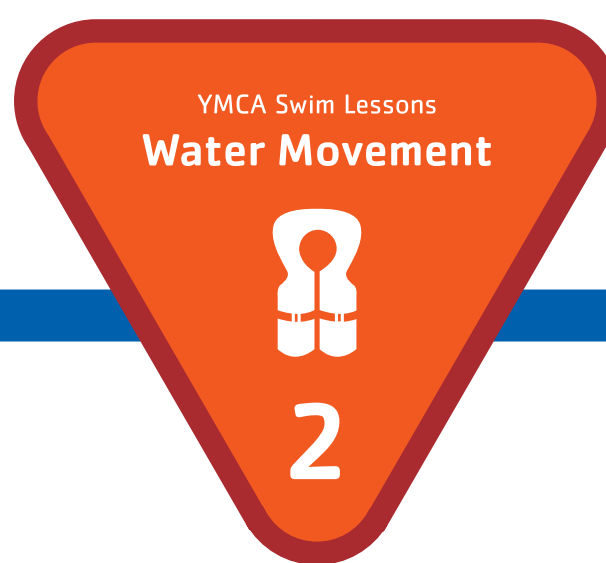
SWIM BASICS

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



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 STROKES

Students learn safety skills and build stroke technique.



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.

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