

<b>Parent Tot</b> <b>Ages 3-5yrs wading pool</b>	<b>Aqua Tot</b> <b>Ages 3-5yrs wading pool</b>	<b>Little Fish</b> <b>Ages 3-5yrs introduction to the Main Pool</b>
<p>Each swimmer must be accompanied in the water by an adult. This Course is designed to introduce children to the water while teaching parents to teach their child basic skills. This course is for the child who is not ready to separate from the parent and may be tearful in the water.</p>	<p>Parents will not enter the water with their child but will sit on the wall to make sure they are following directions and supervised at all times . We will use the parent on an "as needed" basis; If your chid is reluctant to get into the water, and try a new skill we may ask you to get in for a few days and practice with him until he will do it with the instructor</p>	<p>Transition to the main pool, we will use the parent on an"as needed" basis as explained in Aqua Tot All the skills in Aqua Tot without a parent .Parent must watch the class from outside the fence</p>
<p>To exit this level you must be able to do the skills bellow</p> <ul style="list-style-type: none"> <li>• Learn to ask for permission before entering the water</li> <li>• Learn how to enter and exit the water in a safe manner</li> <li>• Feel comfortable in the water No goggles</li> <li>• Explore submerging to the mouth, nose, and eyes, completely</li> <li>• Explore buoyancy on the front and back position</li> <li>• Change body position in the water</li> <li>• Learn how to play safely.</li> <li>• Experience wearing a U.S. Coast Guard-approved life jacket</li> </ul>	<p>To exit this level you must be able to do the skills bellow</p> <ul style="list-style-type: none"> <li>• Establish expectation for adult supervision No goggles</li> <li>• Learn more ways to enter and exit the water in a safe manner</li> <li>• Explore submerging in a rhythmic pattern (bobbing)</li> <li>• Glide on the front and back with assistance</li> <li>• Perform combined stroke on front and back with assistance</li> <li>• Change body position in the water. finning arm action on back</li> <li>• Experience wearing a U.S. Coast Guard-approved life jacket</li> <li>• Combined arm and leg actions on front and back</li> </ul>	<p>To exit this level you must be able to do the skills bellow</p> <ul style="list-style-type: none"> <li>• Learn more ways to enter and exit the water in a safe manner</li> <li>• Explore submerging in a rhythmic pattern (bobbing)</li> <li>• Glide on the front and back with assistance No goggles</li> <li>• Perform combined stroke on front and back with assistance</li> <li>• Change body position in the water. finning arm action on back</li> <li>• Experience wearing a U.S. Coast Guard-approved life jacket</li> <li>• Combined arm and leg actions on front and back</li> </ul>
<p><b>Jelly Fish 1</b> <b>Ages 4-5yrs</b></p> <ul style="list-style-type: none"> <li>• Enter and exit water using ladder, steps or side</li> <li>• Blow bubbles through mouth and nose</li> <li>• Submerge mouth, nose and eyes No goggles</li> <li>• Open eyes under water and retrieve submerged objects</li> <li>• Front and back glides and recover to a vertical position</li> <li>• Back float and recover to a vertical position</li> <li>• Roll from front to back and back to front</li> <li>• Tread with arm and hand actions</li> <li>• Alternating and simultaneous leg actions on front and back</li> <li>• Alternating and simultaneous arm actions on front and back</li> <li>• Combined arm and leg actions on front and back</li> </ul>	<p><b>Jelly Fish 2</b> <b>Ages 6-7yrs</b></p> <ul style="list-style-type: none"> <li>• Enter water by stepping in</li> <li>• Exit water using ladder, steps or side</li> <li>• Bobbing No goggles</li> <li>• Open eyes under water and retrieve submerged objects</li> <li>• Front and back floats and glides</li> <li>• Recover from a front or back float or glide to a vertical position</li> <li>• Roll from front to back and back to front</li> <li>• Tread water using arm and leg actions</li> <li>• Combined arm and leg actions on front and back</li> <li>• Finning arm action on back</li> </ul>	<p><b>Jelly Fish 3</b> <b>Ages 7-8yrs (10:15-11:00 )</b></p> <ul style="list-style-type: none"> <li>• Enter water by jumping in</li> <li>• Fully submerge and hold breath</li> <li>• Bobbing No goggles</li> <li>• Front, jellyfish and tuck floats</li> <li>• Recover from a front or back float or glide to a vertical position</li> <li>• Back float and glide</li> <li>• Change direction of travel while swimming on front or back</li> <li>• Tread water using arm and leg actions</li> <li>• Combined arm and leg actions on front and back</li> <li>• Finning arm action on back</li> </ul>
<p><b>Advanced Swimmer 1</b> <b>Ages 7 and up</b></p> <ul style="list-style-type: none"> <li>• Jump in deep water swim half the pool (to 2nd ladder)</li> <li>• Enter and exit water using ladder, steps or side</li> <li>• Blow bubbles through mouth and nose</li> <li>• Bobbing No goggles</li> <li>• Open eyes under water and retrieve submerged objects</li> <li>• Front and back glides and floats</li> <li>• Recover to vertical position</li> <li>• Roll from front to back and back to front</li> <li>• Tread water using arm and hand actions</li> <li>• Alternating and simultaneous leg actions on front and back</li> <li>• Alternating and simultaneous arm actions on front and back</li> <li>• Combined arm and leg actions on front and back</li> </ul>	<p><b>Advanced Swimmer 2</b> <b>Ages 8yrs and up</b></p> <ul style="list-style-type: none"> <li>• Enter and exit water by stepping or jumping from the side</li> <li>• Fully submerge and hold breath</li> <li>• Bobbing No goggles</li> <li>• Open eyes under water and retrieve submerged objects</li> <li>• Front, jellyfish and tuck floats</li> <li>• Front and back glides and floats</li> <li>• Recover to vertical position</li> <li>• Roll from front to back and back to front</li> <li>• Change direction of travel while swimming on front or back</li> <li>• Tread water using arm and leg actions</li> <li>• Combined arm and leg actions on front and back 25 yds</li> <li>• Finning arm action 25yds (length of pool)</li> </ul>	<p><b>Advanced Swimmer 3</b> <b>Ages 9yrs and up</b></p> <ul style="list-style-type: none"> <li>• Enter water by jumping from the side</li> <li>• Headfirst entries from the side in sitting and kneeling position</li> <li>• Bobbing while moving toward safety</li> <li>• Rotary breathing</li> <li>• Survival float goggles allowed after under water open eye test</li> <li>• Back float</li> <li>• Change from vertical to horizontal position on front and back</li> <li>• Tread water</li> <li>• Flutter, scissor, dolphin and breaststroke kicks on front</li> <li>• Front crawl and elementary backstroke</li> <li>• Combined arm and leg actions on front and back 25 yds</li> <li>• Finning arm action 25yds (length of pool)</li> </ul>
<p><b>Advanced Swimmer 4</b> <b>Ages 9yrs and up</b></p> <ul style="list-style-type: none"> <li>• Head first entries from the side in compact and stride position</li> <li>• Swim under water</li> <li>• Feet first surface dive</li> <li>• Survival swimming goggles allowed after under water open eye test</li> <li>• Front crawl and backstroke open turns</li> <li>• Tread water using 2 different kicks 1min</li> <li>• Front and back crawl, elementary backstroke, 50yds breaststroke, sidestroke and butterfly 25 yds</li> <li>• Flutter and dolphin kicks on back</li> </ul>	<p><b>Advanced Swimmer 5</b> <b>Ages 11yrs and up</b></p> <ul style="list-style-type: none"> <li>• Shallow-angle dive from the side then glide and begin crawlstroke</li> <li>• Endurance swimming 100yds, 200yds</li> <li>• Tuck and pike surface dives, submerge completely</li> <li>• Front flip turn and backstroke flip turn while swimming</li> <li>• Front and back crawl, elementary backstroke,</li> <li>• Breaststroke, sidestroke and butterfly</li> <li>• Sculling</li> <li>• Goggles allowed after under water open eye test</li> </ul>	<p><b>Sword Fish</b> <b>Ages 11yrs and up or completed level 4</b></p> <ul style="list-style-type: none"> <li>• Proper Breast stroke technique,</li> <li>• endurance stroke swimming and butterfly</li> <li>• New skills include mask, fins, and snorkel must supply your own</li> <li>• Endurance swimming 100yds 200yds 300yds</li> <li>• Swimming down to 7 feet and retrieving objects off the bottom</li> <li>• Swimming fully dressed and treading water for 2min or more</li> <li>• Capsizing a canoe and getting to safety</li> <li>• Personal Water Safety</li> <li>• Fitness Swimmer goggles allowed after under water open eye test</li> </ul>
<p><b>Stroke Club</b> <b>Ages 9yrs and up or completed Adv swimmer 4</b></p> <p>This is a great intro &amp; overview of swim team skills This class focuses on the 4 competitive strokes Dives, Turns, Starts swim team starting blocks will be used You must supply your own goggles and fins for drills Improve endurance and stroke technique. Great class if you want to swim on your High School Team Refines the strokes so participants swim them with ease, efficiency, power and smoothness over greater distances.</p>	<p><b>Guard Start</b> <b>Ages 11-15yrs or completed Adv Swimmer 5</b></p> <ul style="list-style-type: none"> <li>• Want to know what it takes to be a Lifeguard?</li> <li>• Learn prevention of aquatic injuries, fitness for lifeguarding,</li> <li>• Response techniques, decision making and communication skills.</li> <li>• Manual included, written quiz, video types</li> <li>• Endurance swimming 100yds, 200yds , 300yds, 400yds, 500yd</li> <li>• Swimming fully dressed</li> <li>• Capsizing a canoe and learning safety skills</li> <li>• Safety Instructor</li> </ul>	<p><b>Private Lessons</b> <b>Ages 3yrs to Adult</b></p> <p>Private 1 wk Mon - Fri Add an additional family member same ability 1 hour Combining children( same family ) with different abilities it is suggested 30 min ea</p>

