

SWIM LEVELS

Level 1: Introduction to Water Skills

Objective: Help student feel comfortable in the water

Exit skills:

Enter independently, using either the ladder, steps or side, travel at least 5 yards, bob 3 times then safely exit the water. Participants can walk, move along the gutter or swim.

Glide on front at least 2 body lengths, roll to back float for 3 seconds and recover to a vertical position. This can be performed with support.

Level 2: Fundamental Aquatic Skills

Objective: Student will begin locomotion skills using simultaneous and alternating arm and leg actions on front and back.

Exit skills:

Step from side into chest-deep water, move into a front float for 5 seconds, roll to back, float for 5 seconds then return to vertical position.

Move into a back float for 5 seconds, roll to front then recover to a vertical position.

Push off and swim using combined arm and leg actions on front for 5 body lengths, roll to back, float for 15 seconds, roll to front then continue swimming for 5 body lengths.

Level 3: Stroke Development

Objective: Student will build on previously learned skills by providing additional practice.

Exit skills:

Jump into deep water from the side, swim front crawl for 15 yards, maintain position by treading or floating for 30 seconds and swim elementary backstroke for 15 yards.

Level 4: Stroke Improvement

Objective: Student will improve their skills and increase their endurance by swimming familiar strokes.

Exit skills:

Perform a feetfirst entry into deep water, swim front crawl for 25 yards, change direction and position as necessary and swim elementary backstroke for 25 yards.

Swim breaststroke for 15 yards, change direction and position as necessary and swim crawl for 15 yards.

Level 5: Stroke Refinement

Objective: Student will refine their performance of all the strokes and increase their distances.

Exit skills:

Perform a shallow-angle dive into deep water, swim front crawl for 50 yards, change direction and position of travel as necessary and swim elementary backstroke for 50 yards.

Swim breaststroke for 25 yards, change direction and position of travel as necessary and swim back crawl for 25 yards.

Level 6: Personal Water Safety

Objective: Student will refine strokes to swim with more ease, efficiency, power and smoothness and over greater distances. This class also prepares student for more advanced courses like the Water Safety Instructor Course.

Exit skills:

Swim 500 yards continuously using any 3 strokes of your choice, swimming at least 50 yards of each stroke.

Jump into deep water, perform a survival float for 5 minutes, roll onto back and perform a back float for 5 minutes.

Perform a feetfirst service dive, retrieve an object from the bottom of the pool at a depth of 7-10 feet, return to surface and return to starting point.



Swimming Lessons

Summer 2017

Contact: Julie Mitchelson

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2017 Swim Lessons

Mini Gators: Ages 3-5 Years

Levels 1-3 4:1 Ratio

Mighty Gators: Ages 6+

Levels 1-6 6:1 Ratio

Session Dates

1. June 5-8
2. June 12-15
3. June 19-22
4. June 26-29
5. July 10-13
6. July 17-20
7. July 31-Aug. 3

Session Times

- 10:00-10:30
- 10:30-11:00
- 11:00-11:30
- 11:30-12:00

Evening Classes

- 4:30-5:00
- 5:00-5:30
- 5:30-6:00
- 6:00-6:30

- All sessions run Monday-Thursday
- Friday is designated as makeup day for inclement weather, and swim times will remain the same!
- Each class is 30 minutes
- If a home swim meet, lessons will run Monday, Tuesday, Thursday, Friday, and Saturday will be a

Group Prices:

Member \$45 Non-Member \$55

Semi Private

Member \$75 Non-Member \$85

Private Pricing

Member \$100 Non-member \$125

*** Fridays will be make up days and times will remain the same.