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FOR HEALTHY LIVING
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Group Swim Lesson Cheat Sheet

COVID-19

The very first day of each session the instructor will assess the participants to ensure they are in the correct level. Parents, please know it is very common if not preferred for children to re-take levels, especially at the beginning. All children learn at different paces and have different comfort levels when it comes to water.

The second to last day on each session is review day. We spend that day reviewing everything taught to see if the instructors feel they should stay in the current level or move up a level. They will receive progress reports on the last day indicating what they did or did not complete during the session and what level is recommended for their child. Due to COVID-19 and the updated merging of classes with parents in the water assisting with support, the report cards will be updated.

Overall, our ultimate goal is to provide a safe space for participants to work on skills at each person's own pace. We want to ensure that our littles are comfortable and smart in the water. Having their parent in the water to assist will hopefully allow the process to move even smoother than before!

Class Details:

Skipper/Polliwog (Stage 1-3) *Now with Parent in the water* (ages 3-5 years)

- We learn to blow bubbles with our mouths
- We learn how to kick on our front and back
- We sing songs
- We learn to use a kickboard while kicking our feet
- We introduce our big arms to do front stroke and back stroke
- We introduce how to crab walk along the wall
- We also teach safety, in and out of the water
- We teach front stroke, backstroke
- We introduce elementary backstroke



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- We introduce blowing bubbles through their noses
- We introduce rotary breathing (how to properly breathe when doing front stroke)
- We teach them safety, in and out of the water

Guppy & Minnow: (Intermediate level, 5+ years) *Now with parent in the water.

- We teach everything they learned in Skipper/Polliwog
- Perfecting rotary breathing.
- We go over the proper form for front stroke, backstroke, and elementary backstroke. (stroke refinement)
- We introduce side stroke, and breast stroke
- We teach the proper way to do front glides that maneuver into front stroke
- We teach the proper way to do back glides that maneuver into backstroke
- We teach them the proper way to jump in the pool both from the side and the diving board.
- We go over safety in and out of the water