

Lesson Skills list

General Lesson information to help you place your child

The following is a list of skills taught at each level of our program. Please read the items carefully and select the appropriate level for your child. Those skills with a (*) next to them are the core elements of that lesson. Your child should be proficient in these skills to move on to the next level. If you are unsure of your child's ability, please call the club and ask for Joe and we will place them accordingly. Also sufficient skill progression is anticipated which will enable participants to move into successive skill levels. Therefore, you may sign up for multiple sessions.

Level Preschool A & B	Beginner	Advanced Beginner
Object retrieval 2ft *Prone kick 10 ft. *Put face in the water 7-10 seconds Float on back(w/assistance) Leg kicks on back Intro into Freestyle (arm motions) Jump from side Safety awareness	*Prone kick 10 meters Freestyle 10 meters Intro to rotary breathing *Kick on back 10 meters Intro to backstroke arms & legs Intro to breaststroke kick to Intro to elem. backstroke Safety awareness	Object retrieval 5ft Freestyle 25 meters Backstroke 25 meters Dive from side (5ft) Underwater swim 10meters Breaststroke (arms & kick) Jump from diving board Elementary backstroke 25meters Safety awareness
Intermediate	Stroke Clinic	Diving
Freestyle 50 meters Backstroke 50 meters Breaststroke 50 meters Sidestroke 25 meters Intro to Butterfly Turns and Finishes Safety Awareness	Freestyle 100 meters Backstroke 100 meters Breaststroke 100 meters Sidestroke 100 meters Butterfly 25 meters Competitive starts/ turns Safety awareness	Pencil Jump from side Forward dive from side Pencil jump/ dive W hoop Diving approach (steps & hurdle) Intro to backward dive Dive w/ hurdle and bounce Safety awareness

Safety awareness is taught at each level. Participants are reminded of pool safety and given tips on what to do in case they get into trouble.

Special note: At the beginning of each session Participants will be grouped according to ability so that the class as a whole can progress further. Please be on time for your lessons and encourage children to practice what they have learned. Please notify the instructor if you are going to miss class.