

# SWIM LESSONS 6-12 YEAR OLDS

## CLASS DESCRIPTION



### **POLLIWOG**

This class is designed for those individuals with very little swimming ability. Participants will work toward accomplishing front and back floating, kicking, independent swimming, and comfort in deep water.

**4:30-5:15 p.m.**

### **GUPPY**

This class is designed for those participants who are learning to swim the crawl stroke with their face in the water. Individuals will work toward accomplishing rotary breathing with the front crawl, back crawl, underwater swimming and deep water confidence.

**5:15-6:00 p.m.**

### **MINNOW**

This class is designed for participants who can swim one length of the pool performing the front crawl stroke with rotary breathing. Participants must also have a good working knowledge of the back crawl.

Children will work toward accomplishing the breaststroke, elementary backstroke, endurance and water safety skills.

**6:00-6:45 p.m.**

### **FISH**

This class is designed for those participants who can swim two lengths of the pool. Participants will work toward accomplishing the sidestroke, dolphin kick, and basic life saving skills. The front crawl stroke, backstroke, breaststroke and elementary backstroke continue to be perfected.

**6:00-6:45 p.m.**

### **SHARK**

This combination class is for strong swimmers only, please! Participants will work toward learning the butterfly stroke, as well as some competitive aspects of swimming. Participants will also work on endurance and basic lifesaving skills.

**6:00-6:45 p.m.**



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