



# SWIM LESSON DESCRIPTIONS

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## PARENT/CHILD CLASSES

Capacity 5 Children  
30 Minute Classes

### STAGE A WATER DISCOVERY (WITH PARENT/GUARDIAN)

In Stage A, the parent/guardian is introduced to working with their infant or toddler in the aquatic environment.

### STAGE B WATER EXPLORATION (WITH PARENT/GUARDIAN)

In Stage B, the parent/guardian works with their child to learn the fundamentals of safety and swimming skills.

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## PRESCHOOL CLASSES

Capacity 5 Children  
30 Minute Classes

### STAGE 1 WATER ACCLIMATION (WITH PARENT/GUARDIAN IN WATER)

In Stage 1, the parent/guardian works with their child to develop comfort with the following swim skills: underwater exploration, floating and learning to safely exit the pool.

### STAGE 2 WATER MOVEMENT (OPTIONAL WITH PARENT/GUARDIAN IN WATER)

In Stage 2, the parent/guardian works with their child to focus the following swim skills: body position and control, directional change, and forward movement in the water.

### STAGE 3 WATER STAMINA (OPTIONAL WITH PARENT/GUARDIAN IN WATER)

In Stage 3, the parent/guardian works with their child to develop stamina needed to swim 25 yards unassisted, and introduces the following new skills: rhythmic breathing, and integrated arm and leg actions.

### STAGE 4 STROKE INTRODUCTION (STUDENT MUST BE ABLE TO SWIM 25 YARDS UNASSISTED)

In Stage 4, students work on developing swim stroke techniques for the front and back crawl and introduced to the breaststroke and butterfly kick.

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# YOUTH/SCHOOL AGE CLASSES

Capacity 6 Children  
45 Minute Classes

## STAGE 1 WATER ACCLIMATION (WITH PARENT/GUARDIAN IN WATER)

In Stage 1, the parent/guardian works with their child to develop comfort with the following swim skills: underwater exploration, floating and learning to safely exit the pool.

## STAGE 2 WATER MOVEMENT (OPTIONAL WITH PARENT/ GUARDIAN IN WATER)

In Stage 2, the parent/guardian works with their child to focus the following swim skills: body position and control, directional change, and forward movement in the water.

## STAGE 3 WATER STAMINA (OPTIONAL WITH PARENT/ GUARDIAN IN WATER)

In Stage 3, the parent/guardian works with their child to develop stamina needed to swim 25 yards unassisted, and introduces the following new skills: rhythmic breathing, and integrated arm and leg actions.

## STAGE 4 STROKE INTRODUCTION (STUDENT MUST BE ABLE TO SWIM 25 YARDS UNASSISTED)

In Stage 4, students work on developing swim stroke techniques for the front and back crawl and introduced to the breaststroke and butterfly kick.

## STAGE 5 STROKE DEVELOPMENT

In Stage 5, students work on integrating arm and leg actions for the breaststroke and butterfly strokes, and refine swim stroke skills and techniques for all other swim strokes.

## STAGE 6 STROKE MECHANICS

In Stage 6, students work on refining swim stroke technique for all major competitive strokes and building stamina to perform each stroke for greater distances. Students are introduced to the concept of, competitive swimming, and discover how to incorporate swimming into a healthy lifestyle.