

# SPIRE Swim Lessons

Spring 1 & Spring 2 2017

## Monday Classes

Class Name	Class Times	Instructor
Parent & Child	9:00am-9:30am	Tori
Starfish	4:15pm-4:45pm	Tori
Guppy	4:30pm-5:00pm	Gabrielle
Eel	5:00pm-5:30pm	Tori
Tadpole	5:15pm-5:45pm	Gabrielle
Shark	5:30pm-6:00pm	Elyse

## Wednesday Classes

Class Name	Class Times	Instructor
Minnow	4:30pm-5:00pm	Gabrielle
Starfish	4:30pm-5:00pm	Tori
Parent & Child	5:00pm-5:30pm	Tori
Guppy	5:15pm-5:45pm	Gabrielle
Eel	5:30pm-6:00pm	Elyse
Shark	6:15pm-6:45pm	Elyse

## Saturday Classes

Class Name	Class Times	Instructor
Guppy	9:00am-9:30am	Tori
Minnow	9:00am-9:30am	Gabrielle
Parent & Child	9:30am-10:00am	Tori
Tadpole	10:00am-10:30am	Gabrielle
Eel	10:15am-10:45am	Elyse
Starfish	10:30am-11:00am	Tori
Shark	11:00am-11:30am	Elyse

## Cost for Swim Lessons

Member: \$33.00

Non-Member: \$66.00

*\$10.00 Late registration fee if signing up on in the Late Registration Period!*

Session	Dates	Registration	Late Registration
Spring 1	February 20th - March 25th	February 6th-17th	February 18th-20th
Spring 2	March 27th - April 29th	March 6th-24th	March 25th-26th

**\*\*No Refunds or make ups for missed classes-3 person minimum to run a class; some classes may be combined to meet 3 person minimum\*\***

# Swim Lesson Class Descriptions

## Parent/Child (ages 6-36 months)

Must be at least 6 months old and accompanied by a parent/guardian. This program helps the child become comfortable in and around the water. In this program, parents will learn different support and holding techniques as well as how to help children learn and practice skills appropriate for their age.

## Tadpoles (Preschool Aquatics 1)

For new swimmers, this program is an introduction to basic water skills. The front and back float are introduced as well as breath holding and submersion of the face. The child will learn safety tips as they gradually adapt to the water.

### **Tadpoles Swim Lesson Objectives**

- Comfortable in Shallow Water
- Submerge Face
- Hold Breath Underwater
- Blows Bubbles on Surface
- Kick on Wall
- Glide to Instructor
- Front Float with Assistance
- Back Float with Assistance
- Walk into Pool Zero Depth Entry
- Side Entry into Pool
- Knows not to swim without a parent present

## Minnows (Preschool Aquatics 2)

For graduates of the Tadpoles class, Minnows is a continuation of basic water skills. The front and back float are refined as well as breath holding and submersion of the face. Kicking, bubble blowing, and introduction to freestyle and backstroke are also a part of this class. The child will learn safety tips as they adapt to the water.

### **Minnows Swim Lesson Objectives:**

- Kick with a Kickboard while Blowing Bubbles
- Front Float and Recover without Support
- Back Float and Recover without Support
- Front Glide and Recover without Support
- Back Glide and Recover without Support
- Freestyle with Assistance
- Backstroke with Assistance
- Knows not to Swim Without a Parent

## Guppies (Learn to Swim)

The fundamentals of swimming are taught in this program. The child will be expected to be comfortable in the water and learn how to glide on their front and back without assistance. Freestyle and backstroke are introduced during this time.

### **Guppies Swim Lesson Objectives:**

- Blow bubbles with head turn to breathe
- Front Glide and Kick with Board 15 Feet
- Back Glide and Kick with Board 15 Feet
- Front Glide followed by Freestyle 15 Feet
- Back Glide Followed by Backstroke 15 Feet
- Legal Freestyle
- Legal Backstroke

## Starfish (Learn to Swim)

For graduates of Guppies, Starfish refines the freestyle and backstroke. The basic skills required for butterfly and breaststroke will also be introduced.

### **Starfish Swim Lesson Objectives:**

- Comfortable in Deep Water
- Rotary Breathing on Freestyle
- Freestyle 15 Feet
- Backstroke 15 Feet
- Kneeling Dive
- Basic Sculling
- Legal Breaststroke Kick
- Legal Butterfly Kick

## Eels (Learn to Swim)

For graduates of Starfish, Eels will refine their breaststroke and butterfly skills. Eels will also be introduced to the mechanics of the competitive start and treading water.

### **Eels Swim Lesson Objectives:**

- 25 Yards of Breaststroke
- 25 Yards of Butterfly
- 25 Yards of Freestyle
- 25 Yards of Backstroke
- Shallow Dive from Deck
- Treading Water for 30 seconds

## Sharks(Learn to Swim)

For graduates of Eels, Sharks are ready to go to the swim team. This option is for those who do not wish to continue into a swim team, but want to refine their skills and become stronger swimmers. Essentials of swimming, like lap swimming, etiquette, flip turns, and clock reading will be introduced.

### **Sharks Swim Lesson Objectives:**

- Lap Swimming Etiquette
- Freestyle Flip Turn
- Backstroke Flip Turn
- Clock Reading
- Circle Swimming
- 50 yards of Freestyle
- 50 yards of Backstroke
- 25 yards of Breaststroke
- 25 yards of Butterfly
- Start from Side
- Start from Block