

NEW SWIM LESSONS

SWIM LESSONS STRONG SWIMMERS

CONFIDENT KIDS

STAGE DESCRIPTIONS



SWIM STARTERS

Accompanied by a parent/caretaker in the water, infants and toddlers learn to be comfortable in the water.

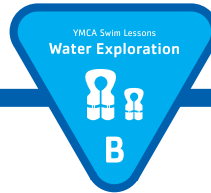


PARENT & CHILD



A / WATER DISCOVERY

Stage A introduces infants and toddlers to the aquatic environment and encourages them to enjoy themselves while learning about the water with a parent/caretaker whom they trust in the water. 6-18 months.



B / WATER EXPLORATION

Parents work with their children in the water to learn fundamental safety and aquatic skills such as floating, blowing bubbles and pre-swimming activities. 18 months-3 years.



1 / WATER ACCLIMATION

Students learn to float and develop comfort with getting their faces wet, blowing out while underwater and learn to safely exit the pool. Designed for first time swimmers.



2 / WATER MOVEMENT

Students focus on body position and control, directional change and forward movement in the water continuing to perfect water safety and survival skills.

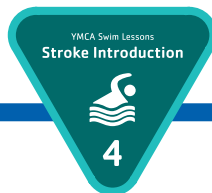


3 / WATER STAMINA

Students learn how to swim to safety using rhythmic breathing with integrated arm and leg action are introduced.

SWIM BASICS

Students learn personal water safety and achieve basic swimming competency by: Swim, float, swim – sequencing front glide, roll, back float, roll, front glide and exit.



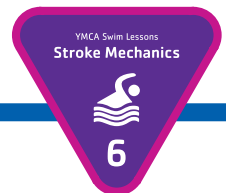
4 / STROKE INTRODUCTION

Students develop stroke technique in front crawl and back crawl and learn the breaststroke kick, elementary backstroke and advanced stroke skills.



5 / STROKE DEVELOPMENT

Students learn breaststroke and dolphin kick while developing endurance and refine front crawl and backstroke.



6 / STROKE MECHANICS

Students learn butterfly while continuing to develop endurance while refining breaststroke, back and front crawl. Flip turns and diving are introduced.

SWIM STROKES

Students learn and refine stroke technique as well as safety and survival skills.

FURTHER QUESTIONS? Contact Laura Lovig, Aquatics Coordinator at 515 432 5925 x14 or laura.lovig@dmymca.org