

ASI RECREATIONAL SPORTS

SUMMER YOUTH SWIM LESSON INFORMATION

****NEW****

Sessions consist of nine 40-minute class periods

First Week = Monday – Friday

Second Week = Monday - Thursday

Fee: \$50.00 per session (10% off registration if you register for 3 or more classes at time of registration)

SESSION DATES

- I. June 23 – July 3
- II. July 7 - July 17
- III. July 21 – July 31
- IV. August 4 – August 14

LESSON TIMES (each class is 40-minutes)

*Not all class levels offered at each time period. Check website or inquire when registering

Morning Lessons

10:00 am

10:45 am

11:30 am

Evening Times

4:00 pm

4:45 pm

5:30 pm

CLASS LEVEL / RATIO

Tadpoles 7:1 Starfish 5:1 Dolphin 5:1

Barracuda 6:1 Marlin 6:1 Shark 7:1

Not sure which level to enroll your child in?

We have FREE assessment dates:

Tuesday, **May 6**, 2008 from 5:30 pm - 6:30 pm

Saturday, **May 17**, 2008 from 11:00 am - 12:00 noon
at the Rec Center pool!

CLASS LEVEL DESCRIPTIONS

TADPOLE - Baby & Me (Ratio: 1:7)

A class for children ages 18-months to 40-months old with assistance from parents/guardians. Instructor will facilitate water adjustment and breath control through games, songs, and skill building activities between adult and child in the water together.

SKILLS TAUGHT INCLUDE:

- Water safety tips
- Proper holding techniques
- Bubble blowing
- Water entry and exit
- Basic arm movements
- Kicking
- Front and back floats with assistance

STARFISH - LEVEL 1 (Ratio: 1:5)

Starfish is the initial class that begins with water exploration and continues with an introduction to the fundamentals of swimming. This class helps the student to feel comfortable in the water and begin elementary aquatic skills. Child should be willing to participate in a group setting with out parent/guardian.

SKILLS TAUGHT INCLUDE:

- Water adjustment
- Bubble blowing and face submergence
- Front and back floats with assistance
- Flutter kick and basic arm action
- Jump in and swim one yard to instructor
- Pool safety

DOLPHIN - LEVEL 2 (Ratio 1:5)

Dolphin class is where students begin the development of the primary aquatic skills after having achieved success in fundamentals. In this level, the student will begin to propel him/herself in short distances. Child should be confident and comfortable in the water.

SKILLS TAUGHT INCLUDE:

- Introduction to basic water safety
- Rhythmic breathing and bobbing
- Fully submerge and hold breath for five seconds
- Front and back floats and glides
- Beginning front crawl and back crawl components
- Jump in and swim five yards to instructor

BARRACUDA - LEVEL 3 (Ratio 1:6)

Barracuda class is a skill building level in which stroke skills introduced in Dolphins are coordinated and practiced. Students are also introduced to the elementary backstroke and breaststroke. Deep-water orientation and diving are introduced.

SKILLS TAUGHT INCLUDE:

- Retrieval of a submerged object
- Front crawl coordination including breathing to the side
- Ten yard swim of front and back crawl
- Introduction to elementary backstroke
- Introduction to breaststroke
- Introduction to diving and deep water orientation
- Personal safety and rescue skills
- How/ when to summon help

MARLIN - LEVEL 4 (Ratio 1:6)

Marlin is a stroke development level. Students will work on refining their techniques and developing more endurance. The sidestroke kick and breaststroke will be learned, as well as turns. Students will swim lengths of the pool practicing learned strokes and deep-water skills.

SKILLS TAUGHT INCLUDE:

- Twenty-five yards front and back crawl
- Coordination of elementary backstroke and breaststroke
- Introduction to side stroke
- Introduction to turns at the wall
- One minute treading water

SHARK - LEVEL 5 (ratio 1:6)

Shark class concentrates on stroke refinement, adding more distance for endurance, and introduction to some advanced strokes. All five basic strokes will be covered, as well as the introduction of the Butterfly. Advanced safety skills and surface dives will also be covered. Must be able to swim 25 yards.

SKILLS TAUGHT INCLUDE:

- Fifty yards front and back crawl, elementary backstroke and breaststroke
- Introduction to sidestroke and butterfly
- Swimming underwater
- Turning at the wall
- Two-minutes treading water
- Advanced safety skills including the basics of CPR and rescue breathing