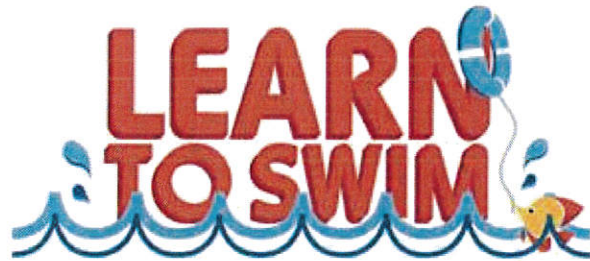


# Swimming LESSONS

## PACKAGES AVAILABLE



5 Days a week, for a  
minimum of 30 min  
for the cost of  
\$45.00

7 Days a week for a  
minimum of 30 min.  
for the cost of  
\$60.00



# Levels and Checkpoints:

Level One: Focusing on introducing swimmer to the water, and introducing floats/motions. All is done **with** assistance (Life Jacket and Lifeguard).

- Front and back float (5 seconds)
- Head under water (blowing bubbles)
- Flutter kick
- Dolphin kick
- Arm motions
- Glides (front and back)
- Slide (Optional)
- Diving boards (Optional)

Level Two: Focusing on introducing swimmer to the water, and perfecting floats/motions. All is done **without** assistance.

- Front and back float (5 seconds)
- Head under water (blowing bubbles)
- Flutter kick
- Dolphin kick
- Arm motions
- Glides (front and back)

- Elementary back stroke (Chicken, Airplane, Soldier)
- Frog kick
- Front crawl
- Slide
- Diving boards (No Life Jacket)
- Get object from bottom of 3 feet

Level Three: Focusing on strokes and swimming.  
**All is done without any assistance** (No Life Jacket or Lifeguard).

- Introduce strokes
- Introduce side stroke
- Front crawl (with breathing)
- Back crawl
- Breast stroke
- Elementary back stroke (Chicken, Airplane, Soldier)
- Introduce butterfly (Bring your arms around, Two dolphin kicks, Flare arms)
- Introduce diving (sitting, kneeling, standing)
- Slide
- Diving boards

Level Four: Focusing on strokes and swimming. **All is done without any assistance** (No Life Jacket or Lifeguard).

- Perfecting all strokes and motions
- Perfecting diving (sitting, kneeling, standing)
- Perfect side stroke
- Butterfly
- Introduce jelly fish float
- Tuck Float
- Surface dives
- Brick out of 12 ft.
- Slide
- Diving boards

Level Five: Focusing on dives. **All is done without any assistance** (No Life Jacket or Lifeguard).

- Diving off boards
- Swim 300 M.
- Survival float
- Brick work
- Flip turns

Level Six: Focusing on dives. **All is done without any assistance** (No Life Jacket or Lifeguard).

- Diving off boards
- Tuck dive
- Pike dive
- Flip turns
- Swim 500 M.
- 200 M. with clothes on
- Basic saving techniques