

Swim Lessons - Level Description

Waynewood: in conjunction with High Sierra Pools is offering swimming lessons this summer. If you are interested in having your child participate, please visit our website <http://swim.highsierrapools.com/> for more information about swimming lessons and online registration or email lessons@highsierrapools.com or call our office at 703-920-1750 ext. 124

Nemos: This beginning level for children teaches them to be comfortable and safe in the water. Instructors will focus on introducing children to the water and improving their safety and comfort in the swimming pool. The class will feature activities such as: face in the water, wet the hair, submerging, opening eyes, front glide, back glide, breath control, moving around comfortably, blowing bubbles and having fun in the class with aquatic recreation, gaining confidence and interest in swimming. We highly recommend this level for children who have never taken lessons, preferably children between 3 and 5 years old.

Sea Turtles: This level marks the beginning of independent aquatic locomotion skills. Children continue to explore using simultaneous and alternating arm and leg actions on the front and back to gain more proficiency for strokes. This class will introduce exercises in the water such as: arm movement, body position, leg movement, floating and blowing bubbles, all connected with free style and backstroke. This level is recommended for children that are confident in the water but never had lessons, or children that have taken and passed Nemos level

Dolphins: Students who successfully complete this level will be comfortable swimming in deep water, be proficient in front crawl, back crawl, breast stroke. They will be able to swim 50 yards with each of the strokes. This group is for children that are confident in the water and know the basic swimming skills of free style and backstroke. At this level the arm position, legs exercises, breathing, turns, tread water and diving will be practiced. Butterfly will be introduced in this class. The focus of this group is for children that already know basic skills of freestyle and backstroke or for children that passed the Sea Turtles level.

Sharks: The goal for sharks is to make the students comfortable swimming and practicing in deep water and to make major improvements to rotary breathing with front crawl, demonstrate some proficiency in the other strokes being introduced and begin to develop endurance by increasing distances they can swim. At this class the swimmers will improve the quality of their movement in the backstroke, freestyle, breaststroke and butterfly. The correct diving position will also be an important skill learned in the class. This class is recommended for children that successfully finished Dolphins level or children with previous swimming experience.

General Information

- The cost of a regular group session (composed of 8 classes) is **\$70 per child**. The cost of a regular private session (composed of 8 classes, one child) is **\$280 per child**. Semi-private sessions (2 children per session are required) are also available, for a cost of \$140 per child. The group must be pre-approved by the parent(s). HSP unfortunately cannot arrange these groups.
- Each session is composed of eight lessons over **2 weeks**, taught **Monday through Thursday**, with Friday as a make-up day (make-up day is reserved only for classes that were canceled due to bad weather, instructor absence or mechanical failure of equipment).
- You need to sign up your children **at least one week** before start of each session
- Payment is due upon registration
- **Minimum age for children is 3**
- We offer four swimming levels: Nemos, Sea Turtles, Dolphins, and Sharks (see swimming level descriptions above)
- Each level has **completion requirements**. At the end of each session skills are **demonstrated and after successful completion children can progress to the next level**. Participants usually need to stay in one level for 2 to 3 sessions
- Upon request our swimming instructors will be available to evaluate your child and recommend appropriate level before the session starts
- Swim instructors will also reevaluate participants and divide them into corresponding levels during the first class (only if needed)

Swim Lesson Schedule

Monday – Thursday	9:00-9:30 am	9:30-10:00 am	10:00-10:30 am
Session 1 (Mon, Tue, Wed, Thu)	Sharks/Dolphins/ Private/Semi-private	Sea Turtles / Private/Semi-private	Nemos/Private/ Semi-private
June 20 th –June 30 th			
Session 2 (Mon, Tue, Wed, Thu)	Sharks/Dolphins/ Private/Semi-private	Sea Turtles / Private/Semi-private	Nemos/Private/ Semi-private
July 5 th - July 14 th			
Session 3 (Mon, Tue, Wed, Thu)	Sharks/Dolphins/ Private/Semi-private	Sea Turtles / Private/Semi-private	Nemos/Private/ Semi-private
July 18 th - July 28 th			