



2009 Learn to Swim Program

Preschool: GUPPIES

This class is designed for those children 3 years old with no lesson experience. Skills learned in this class will be similar to those learned in stations 1 and 2. The goal of this class is to teach the child to roll onto his/her back to breathe air and call for help if they were to accidentally fall into water.

Station 1: BUBBLES

Children can begin in stations if they are 4½ years of age or older or if they have completed the preschool course. Skills to be learned: Movement in water, breath holding and release, submersion of the face, opening eyes underwater, blowing bubbles, wall bobs with bubbles and air exchange. Advancement goals: 10 relaxed wall bobs.

Station 2: FLOATS AND GLIDES

Skills to be learned: Front and back floats, front and back glides, jumping bobs and streamline bobs. Advancement goals: Front glide and recover for 5 seconds and back glide and recover for 5 seconds.

Station 3: KICKING

Skills to be learned: Porpoising; front kick, glide and recover; back kick, glide and recover; dolphin kick, glide and recover; and sculling. Advancement goals: Front kick for 15 feet and back kick for 15 feet.

Station 4: CRAWL STROKE

Skills to be learned: Rolling over front to back and back to front, finning and sculling, side-glide-kick, 6-switch-kick, and crawl stroke. Advancement goals: Side-glide-kick for 20 feet and crawl stroke for 20 feet.

Station 5: FREESTYLE

Skills to be learned: Crawl stroke with breathing and back crawl stroke. Advancement goals: Crawl stroke with breathing for 30 feet.

Station 6: BACKSTROKE

Skills to be learned: Extended freestyle swimming, treading water, diving. Advancement goals: Swim freestyle 75 feet, swim backstroke 30 feet and tread water for 1 minute.

Station 7: BREASTSTROKE AND BUTTERFLY

Skills to be learned: Breaststroke kick, breaststroke swim, butterfly arms and butterfly swim. Advancement goals: Swim freestyle 50 yards, swim backstroke 25 yards and kick breaststroke 20 feet.

Station 8: TURNS

Skills to be learned: Freestyle with bilateral breathing and turns. Advancement goals: Swim freestyle for 100 yards using bilateral breathing for 25 yards, swim 25 yards breaststroke and swim 30 feet butterfly.

Station 9: LIFETIME STROKES

Skills to be learned: Sidestroke and elementary backstroke. Advancement goals: Swim 200 yards freestyle with bilateral breathing for a continuous 50 yards, swim 25 yards butterfly, swim 50 yards breaststroke, swim 50 yards elementary backstroke and swim 50 yards sidestroke.

Station 10: INDIVIDUAL MEDLEY

Skills to be learned: Extended swimming and technique refinement in all major strokes and turns. Advancement goals: Swim 300 yards freestyle, swim 100 yards backstroke and swim 100 yards individual medley.

WEEKDAY LESSONS

Session 1	June 8 – 11	Session 5	July 13 – 16
Session 2	June 15 – 18	Session 6	July 20 – 23
Session 3	June 22 – 25	Session 7	July 27 – 30
Session 4	July 6 – 9	Session 8	August 3 – 6

WEEKEND LESSONS

Session 1	June 6 – June 27
Session 2	July 11 – August 1

Cost: \$26.00 (Must be paid at time of registration)
Please make checks payable to "Front Range Recreation"

Rain: Rain is a four-letter word!
One make up for weather related cancellations is provided on Friday for weekday lessons (no make up day provided for weekend lessons) - No refunds for bad weather days.
We ask for your patience and support!

Other: Weekday classes are held Monday through Thursday and Weekend classes on Saturdays.
No refunds or credits after classes begin.
Class schedule subject to change based on instructor availability.
Classes subject to cancellation if minimum participant requirement is not met.
Private swimming lessons are \$15 per half hour
SwimAmerica programming is used. (www.swimamerica.org)