

# **LYNDHURST**

## **LEARN – TO – SWIM 2013**

### **8:45 – 9:25 a.m.**

Sea Monkey 15-18

Level 6: Personal Water Safety

Level 6: Fitness Swimmer

Level 5: Stroke Refinement

Level 4: Stroke Refinement

Diving

### **9:30 – 10:25 a.m.**

Swim Team

### **10:30 – 11:10 a.m.**

Guard Start

Level 6: Fitness Swimmer

Level 5: Stroke Refinement

Level 4: Stroke Improvement

Level 3: Stroke Development

Level 2: Fundamental Aquatic Skills

Level 1: Introduction to Water Skills

Level 3: Pre-School Aquatics

### **11:15 – 11:55 a.m.**

Level 4: Stroke Improvement

Level 3: Stroke Development

Level 2: Fundamental Aquatic Skills

Level 1: Introduction to Water Skills

Level 2: Pre-School Aquatics

Level 2: Adult and Tot

### **12:00 – 12:40 p.m.**

Level 4: Stroke Improvement

Level 3: Stroke Development

Level 2: Fundamental Aquatic Skills

Level 1: Introduction to Water Skills

Level 1: Pre-School Aquatics

Level 2: Adult and Tot

*Swim Team: Information can be found at <http://www.goseamonkeys.com/>*

## Learn to Swim- Description Levels

### Parent & Child Aquatics-6 months to 3 Years Old

- Parents & Children learn together through 2 fun filled levels to increase children's comfort in the water and build a foundation of basic aquatic and water safety skills.
  - Level 1-Introduces basic skills, including safety topics to parent & children
  - Level 2-Builds on the skills introduced in Level 1, with participants improving these skills and learning more advanced skills

### Preschool Aquatics Age 4

- Three fun, age appropriate levels teach basic aquatic safety and survival skills to increase children's comfort level in and around the water
  - Level 1-Orients children to the aquatic environment and helps them gain basic aquatic skills
  - Level 2-Helps children gain greater independence in their skills and develop more comfort in and around the water
  - Level 3- Helps children start to gain basic swimming propulsive skills to be comfortable in and around the water

### Learn to Swim-5 and Up!

- Six progressive levels help swimmers of varying ages and abilities develop their water safety, survival and swim skills.
  - Level 1-Introduction to Water Skills: helps Participants feel comfortable in the water
  - Level 2-Fundamental Aquatic Skills: Gives participants success with fundamental skills
  - Level 3- Stroke Development: Builds on skills with practice in deeper water.
  - Level 4-Stroke Improvement: Develops confidence and improves skills
  - Level 5- Stroke Refinement- Provides further coordination and refinement of strokes
  - Level 6-Swimming & Skill Proficiency: Refines strokes so participants swim with ease. Level 6 features menu options to prepare participants for advanced activities.
    - Fitness Swimmer
    - Personal Water Safety
    - Fundamentals of Diving