

LYNDHURST

LEARN – TO – SWIM PROGRAM 2015

8:45 – 9:25 a.m.

Sea Monkey

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
Guard Start

9:30 – 10:25 a.m.

Swim Team

10:30 – 11:10 a.m.

Level 4: Stroke Improvement
Level 3: Stroke Development
Level 2: Fundamental Aquatic Skills
Level 1: Introduction to Water Skills
Level C: Pre-School Aquatics

11:15 – 11:55 a.m.

Level 5: Stroke Refinement
Level 3: Stroke Development
Level 2: Fundamental Aquatic Skills
Level 1: Introduction to Water Skills
Level B: Pre-School Aquatics
Level 2: Adult and Tot

12:00 – 12:40 p.m.

Level 6: Personal Water Safety
Level 3: Stroke Development
Level 2: Fundamental Aquatic Skills
Level 1: Introduction to Water Skills
Level A: Pre-School Aquatics
Level 1: Adult and Tot

Swim Team: Information can be found at <http://www.seamonkeyswimming.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