

# White Oak Pool Swim Lessons 2021

**Date: July 26th - August 6th (Monday, Wednesday and Friday mornings)**

**Time: 10:15 - 10:50 or \* 9:30-10:05** \*only if the later class is full

**Cost: \$60/Child**

The minimum age for the level #1 course is 4 and the swimmer must leave the parents and work with the instructors. Parents will be able to watch the lessons from the grass areas beyond the pool deck

*Note: Not every skill listed below is covered in each class session.*

## **Level #1**

**Minimum age 4**

**Prerequisites:** Willing to enter the water and work with the teachers.

**Skills Covered:**

- Blowing bubbles
- Submerging to mouth and nose
- Opening eyes underwater and recovering toys
- Front and back glides
- Floating on back
- Combined arm and leg movements (with assistance)

## **Level #2**

**Minimum age 5 / kindergarten**

**Prerequisites:** Must complete level #1 or be able to do the following: Enter the water and bob 5 times, glide 2 body lengths and roll to float on back for 5 seconds and recover to vertical position.

**Skills Covered:**

- Front float and recover
- Kicking & arm stroke drills
- Swim on front with combined arms and legs (unassisted)
- Treading water with arm and leg movement
- Push off wall and swim on front and back with arm and leg movement (unassisted)

### **Level #3**

#### **Minimum age 5 / kindergarten**

**Prerequisites:** Must complete level #2 or be able to do the following: Push off the bottom into a treading or floating position for 15 seconds, swim on front and or back for 5 body lengths.

Back float for 15 seconds, roll to the front and recover to a vertical position. Use combined arm and leg actions on the front for 5 body lengths, roll to a back float for 15 seconds, roll to the front and continue swimming for 5 body lengths.

#### **Skills Covered:**

- Flutter kick with rhythmic breathing
- Flutter kick with a kickboard
- Survival float
- Elementary backstroke kick & arms
- Dolphin kick
- Headfirst entry from sitting position
- Breaststroke kick

### **Level #4**

#### **Minimum age 5**

**Prerequisites:** Must complete level #3 or be able to do the following: Jump into deep water, recover to the floating or treading position for 1 minute, rotate swim front crawl or elementary backstroke for 25 yards. Push off in a streamlined position and swim front crawl 15 yards, change direction and swim 15 yards elementary backstroke.

#### **Skills Covered:**

- Underwater swimming
- Pushing off in streamlined position doing various types of kicks
- Back crawl
- Headfirst entry from compact position
- Sidestroke coordination
- Breaststroke coordination
- Butterfly coordination
- Feet first surface dive
- Front crawl open turn
- Backstroke open turn

## White Oak Pool Swim Lesson Registration

Name of Swimmer: \_\_\_\_\_

Level Registering for: \_\_\_\_\_

Class time: (please circle) 10:15 / 9:30

Age of swimmer: \_\_\_\_\_

Parent or Guardian: \_\_\_\_\_

Address:

Parent / Guardian Cell Phone: \_\_\_\_\_

Parent / Guardian Cell Phone: \_\_\_\_\_

Please list any medical concerns for the swimmer:

NOTE: PLEASE do not allow your swimmer to attend lessons if they have any symptoms of COVID-19 or other illnesses or intestinal concerns. If anyone in the child's household or anyone they have been in direct contact with has COVID or is currently quarantined due to an exposure please do not attend lessons.

Our teachers are the lifeguard staff and swim lessons will bring teachers and students into close proximity. This creates a situation where social distancing is impossible. Our students and teachers will NOT be wearing masks in the pool.

If you agree to follow the COVID-19 protocols and understand the risks of swim lessons please sign here \_\_\_\_\_