

# SWIM LESSONS

**Start March 6th**

## **TUESDAYS:**

**March 6, 13, 20, 27, April 3, 10**

<b>4:00-4:30</b>	<b>TADPOLES &amp; FROGS</b>
<b>4:30-5:00</b>	<b>TURTLES</b>
<b>5:00-5:30</b>	<b>DOLPHINS</b>

## **THURSDAYS**

**March 8, 15, 22, 29, April 5, 12**

<b>4:00-4:30</b>	<b>PRESCHOOL TADPOLES AND FROGS</b>
<b>4:30-5:00</b>	<b>SEAHORSES</b>
<b>5:00-5:30</b>	<b>FISH</b>

**Cost: \$60 member \$72 non-member**

**Child must be a VT Sun member in order to receive member rate**

- Preschool, Seahorse,& Fish, Limited 6 children per class, minimum 3
- Dolphins, Limited to 8 children per class, minimum 3
- Registration on a first come first serve basis
- For additional information contact Vt Sun @ 388-6888
- Instructor, Jake Jacobs, Water Safety Instructor-Trainer
- With school cancellations all classes are cancelled. Check Vt Sun for make-up dates



# VT Sun Swim Class Descriptions

## **TADPOLES AND FROGS"**

This class is for novice and beginning swimmers **age 6 months - 2 years**. Parent participation in the water is required. Focus is on acclimation to the water environment, development of safety awareness, introduction to swim skills, and teaching adults some skills they can apply to facilitate their own child's safety, comfort and learning in the water. This class will be conducted in the small "kiddie" pool. Children who are not yet potty trained should always wear diapers or other attire that will provide effective "containment" when swimming. It is recommended that you consult your child's physician for medical approval prior to class participation.

## **PRE-SCHOOL TADPOLES AND FROGS**

This class is for novice and beginning swimmers age 2-5 years. Parents are required to participate in the water. (See information in Tadpoles and Frogs class description above).

## **SEAHORSES**

This class is for novice and beginning swimmers age 5/6 and up. Participants should be able to follow directions and work in a group without parental assistance. There is no swimming skill prerequisite. This class will be conducted in the small "kiddie" pool.

If the child is particularly anxious, fearful, timid or is new to group instruction settings, parent participation is encouraged (at least in the first few classes). For the safety and enjoyment of all participants, active parent participation is expected if the child is not yet ready to follow directions and function independently as a class member.

## **TURTLES**

This class is for students who have successfully completed Seahorse skills. To participate in this class, children should be comfortable in the water, able to fully submerge and blow bubbles; with some assistance, they should be able to float on front and back; with support, they should be able to perform arm stroke and kick. As the course progresses, children may be introduced to some activities in the large lap pool if the group is ready for such a transition.

## **FISH**

This is for students who have successfully completed Turtle skills. They are comfortable in the water, able to fully submerge and blow bubbles; they are able to float on front and back with minimal assistance; they can perform arm stroke and kick with a little support. These are swimmers who are ready to begin the transition into the large lap pool. Most of the class activities are conducted in the large lap pool.

## **DOLPHINS**

This class is for swimmers who have successfully completed Fish skills.

Participants are able to float on front (with face submerged) and on back without any assistance; they are able to independently swim short distances on front using some effective combination of alternating arm stroke and a propelling kick. In this class swimmers will work to improve Front Crawl technique, be introduced to Elementary Backstroke, Back Crawl, Dolphin Kick, treading water, and other safety skills. This class is conducted in the large lap pool, so ability to follow directions and swim & float with minimal hands-on assistance is necessary for participants.

## **ADVANCED SWIMMERS**

This class is for swimmers who have successfully completed Dolphin skills. Participants are able to swim Front Crawl stroke with effective rotary breathing at least 25 yards and can perform the Back Crawl stroke. Participants improve mastery of strokes they already know and learn new strokes: Breaststroke, Sidestroke, Elementary Backstroke and/or Butterfly. Swimmers also work on endurance and swimming as a fitness activity as well as safety skills in and around the water. This class is conducted in the large lap pool.