

Swimming (C)

Developed for ages 5 years and up, this session consists of eight, 30min swim lessons with SWAC staff. Day one will include water acclimation, safety, and skills evaluation. Day two through day 8, participants will be placed into groups according to age, skill, and comfort. Beginners will learn to enter and exit the pool, blow bubbles, and work on becoming comfortable with submersion as well explore basic skills such as floating, treading water, kicking and gliding. Intermediate swimmers will learn the fundamentals of freestyle (front crawl), backstroke, and potentially breaststroke and butterfly kicks. Improving arm and leg movements, breathing techniques, and overall efficiency in the water will be key before moving to advanced. Advanced swimmers will begin to put the fundamentals skills of each stroke together and start swimming longer distances. All students will learn the importance of adult supervision and knowing how to react in a pool emergency and how to reach safety in case of an emergency.

Start Time: 5:20:00 PM

End Time: 5:50:00 PM

No diapers allowed, participants must be potty-trained. Students should come ready to swim with their swim suits on towel in hand. Once students are checked in, parents must move to the bleacher area.