



# PASS SWIM PROGRAM 2010

## At Coldspring Swim and Tennis Club

<b><u>Fees:</u></b> Per Lesson: \$15 per lesson Ten lessons: \$12 per lesson = \$120 Twenty lessons: \$10 per lesson = \$200	<b><u>Dates:</u></b> June 22-August 19, 2010 Tuesdays, Wednesdays, and Thursdays 1-1:45pm, 2pm-2:45pm, 3pm-3:45pm and by request
Classes are at 45 minute intervals	

**Parent/Child (PC):** Instructor teaches parents holds and phrases to use to acclimate young child to water. Recommended for ages 6 months to 2 years old.

**Fundamentals of Swimming (FS):** Designed to teach basic skills and reinforce them. This level is for those who are afraid to put their face in water, never had swim lessons, or under age 5. It introduces breathing control, basic safety skills, as well as basic rudimental skills of floating, kicking and arm action. (PEE WEE).

**Level One (L1):** Designed to build on the foundation from previous level. Reinforces breathing, kicking, combined stroke on front and back.

**Level Two (L2):** Designed to reinforce previous breathing and stroke skills while allowing swimmer to improve and explore variations of the basic strokes.

**Level Three (L3):** Designed to refine and improve strokes on front and back with new breathing patterns to help make swimming more efficient. Also new skills of dolphin kick, and Elementary Backstroke are introduced and explored.

**Transition Level (L4):** Designed to help improved the strength and agility of the swimmer through fitness skills. Also, the progression and refinement of strokes on front and back are reinforced and mastered.

**Swim Team (Levels 5-7):** Designed for those swimmers that have almost fully refined swimming on front and back. The introduction of Breast stroke, Sidestroke, swim team rules and skills such as starts and turns begin. Goal setting begins as swimming is now used as fitness not just recreational. May be used as a platform to fitness training, swim team, lifeguard training, etc.

**Stroke Clinic (STC):** May combine levels 1-5 into one concentrated class. Will primarily focus on developing Competitive Training and Endurance Building. Can be used as a "Stand Alone" fitness class/program.

**If you have any questions, then please call Heather  
at 443-804-8876**