



GROUP LESSONS ARE OFFERED FROM THE FIRST WEEK OF SUMMER, JUNE 25TH THROUGH THE END OF AUGUST. EACH WEEK OF LESSONS RUNS MONDAY THROUGH FRIDAY FOR ONE HALF HOUR BETWEEN 11:00 AND 12:00.

ONLY
\$30/WEEK
FOR MEMBERS!

GROUP LESSONS

SMALL CLASSES WITH FANTASTIC INSTRUCTORS

IN A SMALL CLASS SETTING OF 3-5 KIDS, INSTRUCTORS ENCOURAGE A FUN LEARNING ENVIRONMENT FOR ALL. WE CAN TEACH YOUR CHILDREN ANYTHING FROM HOW TO BLOW BUBBLES (TALK WITH THE FISHIES) TO HOW TO PERFECT THEIR BACKSTROKE: WE HAVE WONDERFUL INSTRUCTORS FOR ALL LEVELS.

SIGN YOUR KIDS UP IN THE GUARD SHACK SO THEY CAN HAVE EVEN MORE **FUN** AT THE POOL THIS SUMMER!

Norwood Swim Club Group Swim Lesson Program

Norwood offers a five level lesson program suited for all youth ages and abilities, from beginner to advanced. It is a modified and simplified version of the American Red Cross swim lesson program.

Level 1: The intro level for the beginning swimmer, all skills are performed with assistance. Being comfortable and safe in the water is most important.

- Blowing bubbles through the mouth and nose
- Submerging the mouth, nose, and eyes
- Front float with and without alternating kicking
- Back float with and without alternating kicking
- Alternating arms on the front and back
- Elementary backstroke arms on the back
- Jumping in from side of pool
- Picking up submerged objects in chest deep water

*To move onto Level 2, a swimmer must demonstrate all of the above skills with some degree of comfort; some instructor assistance can be provided; they must comfortably and repeatedly put their entire face in the water.

Level 2: The beginning swimmer becomes more comfortable in the water and begins to perform skills with some assistance.

- Bobbing (fully submerging the head), 5 times
- Front and back float, 5 seconds
- Alternating kicking on the front and back, 3 body lengths
- Rolling from front to back and back to front
- Alternating crawl stroke arms with or without head up breathing, 3 body lengths
- Elementary backstroke arms and legs on the back, 3 body lengths
- Picking up submerged objects in shoulder deep water
- Jumping in from side of pool and returning without assistance
- High level of comfort in shoulder deep water

*To move onto the Level 3, a swimmer must demonstrate all of the above skills with little to no instructor assistance; they must be able to get a breath when swimming on their front without touching the bottom; the back float and kicking must be independent or with minimal help.

Level 3: Swimmers comfort level in the water is high and they become independent swimmers in shallow water; minimal assistance is provided.

- Front float with kicking
- Back float with kicking
- Alternating crawl stroke arms, rolling onto back to breathe and return to front
- Introduction to side breathing with crawl stroke

- Elementary backstroke arms and legs
- Introduction to backstroke
- Introduction to swimming in the deep end, including treading water

*To move onto the level 4, a swimmer must demonstrate all of the above skills for the width of the shallow end; the swimmer must also be comfortable swimming in the deep end and be able to get comfortably get a side breath and continue swimming on their front; all skills on their back must be done completely independently

Level 4: Swimmers continue to refine old skills and learn new skills as they become independent swimmers in deep water; minimal assistance is provided.

- Front and back float with kicking
- Freestyle arms with side breathing only
- Elementary backstroke
- Backstroke
- Introduction to breaststroke
- Introduction to dolphin kicking on the front
- Treading water, 30 seconds
- Introduction to diving

*To move onto the level 5, a swimmer must demonstrate all of the above skills for the width of the deep end; swimmers should have a high level of comfort with side breathing on freestyle and have proper body position with all skills on their back

Level 5: Swimmers continue to refine old skills and learn new skills.

- Stroke refinement of the freestyle, backstroke, and breaststroke (based on swim team disqualification standards)
- Treading water, 1 minute
- Diving, including racing dives
- Introduction to butterfly
- Introduction to flip turns