



GROUP LESSONS ARE OFFERED FROM THE FIRST WEEK OF SUMMER, JUNE 25<sup>TH</sup> 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