

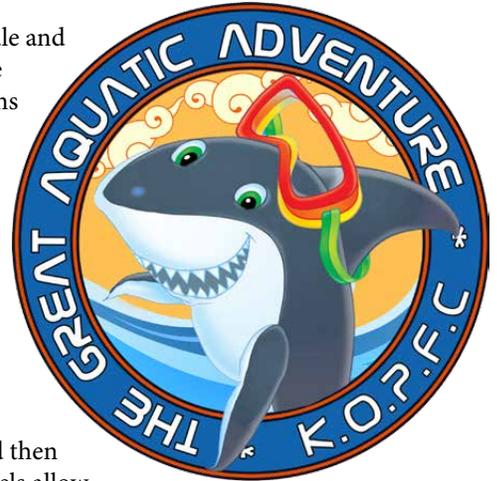
# The Great Aquatic Adventure...Swim It!

We offer the highest standard of swim lessons in the state. This program teaches students skills in a more progression based way that will allow for great student success and skill retention. We have 3 phases of this Program as follows.

The first phase is our Tide Pool Phase. In this phase there are 5 levels (Seahorse, Clown Fish, Turtle, Crab and Penguin). In these levels students will focus on the fundamentals of swimming, and gaining the important skills to build and develop endurance in Freestyle, Backstroke and Elementary Backstroke.

The second phase is our Coral Reef Phase. There are 3 levels in this phase (Dolphin, Whale and Shark). During these levels students will continue to build endurance with their Freestyle and Backstroke. They will learn the Butterfly and Breaststroke and begin exploring options for our Adventure Phase.

The third and final phase is our Adventure Phase. During this phase we have different "Adventures" your student can participate in. The Swim Adventure will help prepare students for Competitive Swim Team. This is our Introduction to Competitive Swim Team Class. Students will develop skills such as drills, pace clock work, and mini work-out sets. Students will also continue to build their swimming endurance. The Water Polo Adventure is designed to introduce students to the sport of Water Polo. During this adventure students will learn the fundamental skills of water polo preparing them for our youth league program. Finally, our Dive Adventure is designed to introduce the students to the sport of Competitive Diving. Students will begin by learning the fundamentals and then begin to learn different types of dives from the diving board. This adventure will have levels allowing your student to achieve success no matter what skill level they are at.



Please see the list below to register your child for the correct "level". If you have any questions email Heather at [hmcelreath@kopfc.com](mailto:hmcelreath@kopfc.com)

**Seahorse** (may be split by ages 3-5 or 6+) Entry Skill: None-register for this class if you've never taken lessons before

**Clown Fish** (may be split by ages 3-5 or 6+) Entry Skill: Back Float 5 sec; Front Float 3 sec; Back Glide w/Kicks 2 body lengths; Front Glide w/kicks 2 body lengths; Rolling w/assistance; Bubbles 5x3 sec-mouth/nose

**Turtle** Entry Skill: Unassisted submersion (Bubbles 7x3sec); Front Glide w/kick-rolling to side to breath 2xs; Elementary

**Crab** Entry Skill: Elementary Backstroke 15 cycles; Freestyle and Backstroke 5 cycles; Using a kickboard to kick 8 yards

**Penguin** Entry Skill: Elementary Backstroke 25yds; Freestyle 15yds; Backstroke 15yds; Treading water 15 sec; Jump into deep water and swim back to wall

**Dolphin** Entry Skill: Perform a kneeling dive, swim 25yds Freestyle, turn and swim 25yds Backstroke; Tread water 30 seconds

**Whale** Entry Skill: Butterfly 15yds (recognizable stroke w/timing); Backstroke 50yds; Freestyle 50yds; Tread water 45 seconds

**Shark** Entry Skill: Swim non-stop: 15yds Breaststroke, 25yds Butterfly, 75yds Freestyle, 75yds Backstroke; Tread water 1:30

**Swim Adventure** Entry Skill: Perform a shallow dive and swim a 100yd Individual Medley (IM order Fly, Back, Breast, Free)-using correct turns/finishes

**Dive Adventure** Entry Skill: Able to go off Diving Board (jump or dive) and swim back to side of the pool w/out assistance; Tread Water 30 seconds

**Water Polo Adventure** Entry Skill: Swim 25yds Breaststroke; Tread Water 30 seconds