

CEDARBOOK SWIM ABILITY/CLASS OUTLINE

GROUP 1: PRE-BEGINNER: Child must be comfortable taking the class without their parent by the pool with him/her. Child should also be comfortable playing in the baby pool. This is the group that orients children toward playing in the cove area and becoming comfortable in the big pool.

GOAL: Child can put his/her face in the water and blow out bubbles. Child begins to learn water safety in the big pool, such as where they can stand and what areas are over their head. Children learn to be comfortable and happy in the water.

GROUP 2: BEGINNER: Child is comfortable playing in the big pool and can put face in the water and blow bubbles. Child is just starting to float on front and kick their feet.

GOAL: Child learns to float on stomach and back and kick on their own while using a kick board or barbell. Child learns to hold breath under water through diving for toys and other games.

GROUP 3: ADVANCED BEGINNER: Child can float on front and back and enjoys going under water. Child is beginning to swim on his/her own and is very comfortable in the water.

GOAL: Child swims beginner freestyle and backstroke. Child learns to tread water and jump in from the side and swim to an instructor on his/her own.

GROUP 4: PRE-SWIMMER: Child can swim beginning freestyle and backstroke and is comfortable in all areas of the big pool. This group is ideal for kiddie hawks and recreational swimmers.

GOAL: Child will learn proper breathing techniques for freestyle and will work on their backstroke. Child learns to swim the full length of the pool using proper stroke techniques and learns to tread water in the deep end for 2 minutes.

GROUP 5: SWIMMER: Child can swim proper freestyle and backstroke and has a good handle on breathing to the side in freestyle. Children should be comfortable swimming the full length of the pool multiple times in a row. This group is ideal for swim team members who are 8 and under and stronger recreational swimmers.

GOAL: Children will learn drills and techniques to improve their strokes. Children will also learn breaststroke and how to dive.

GROUP 6: STROKE CLINIC: Children in this group should have a firm grasp on freestyle, backstroke and breaststroke, and should have at least a beginning understanding of butterfly. Children should also be comfortable swimming multiple lengths of the pool in a row and should know how to dive. This group is great for swim team members 12 years old and under who want extra help on stroke techniques, starts and turns.

GOAL: Each day will focus on a different stroke, including starts and turns.

* The goals for the groups are what need to be achieved before the child moves on to the next level. Not all children will achieve the goals of their group in one session. Children progress at different levels and the child will remain in the same group level until they have learned all of the goals of the group.