

# All About Lessons

## Group Lessons:

Offered Tuesday & Thursday evenings for 8 total classes in a session or Saturday mornings for 4 total classes in a session. Each lesson lasts 30 minutes and includes both group and individualized practice and instruction. Offerings may vary each session. Cut off dates for registration are the Monday night before the T/Th session begins and Thursday night before the Saturday session begins.

### Parent-Tot: (6 months-2.5 years)

#### **Parent and child in the water together.**

**Goals:** Fosters the special bond that exists between a parent and child. Expands a child's comfort level by singing songs and playing games. This class builds confidence, allows the child to feel safe, happy, and secure as they begin to explore a water environment. **10 children maximum per class**

### Toddler: (Suitable for ages 2.5-4)

#### **Helps participants to feel comfortable in the water.**

**Goals:** Basic water movements; blow bubbles through mouth; supported front and back floats; supported arm and leg actions on front and back; water safety. **5 children maximum per class**

### Level 1: (Suitable for ages 4-12)

#### **Introduction to Water Skills.**

**Goals:** Enter and exit water safely; jump in from the side; blow bubbles through mouth and nose; bob underwater; submerge head under water to retrieve objects; front & back floats unsupported for 5 seconds; recover to vertical position; roll from front to back & back to front; demonstrate flutter kick; demonstrate back float w/ arm movements; demonstrate front float w/ arm movements; water safety **5 children maximum per class**

### Level 2: (Suitable for ages 5-12)

#### **Fundamental Skills and Stroke Readiness**

**Goals:** Builds on skills from level 1 with less supported action from instructor; fully submerge and hold breath; open eyes under water and retrieve submerged objects; change direction of travel while swimming on front or back; combined arm & leg action on front (freestyle w/ flutter kick); combined arm and leg action on back (backstroke w/ flutter kick); introduce frog kick, streamline, diving; water safety. **5 children maximum per class**

### Level 3: (Suitable for ages 6-12)

#### **Stroke Development**

**Goals:** Builds on skills from level 2; comfortability with flutter kick, freestyle, and backstroke; can demonstrate rotary breathing, frog kick; dolphin kick, treading water, and diving (standing or kneeling); can swim a distance of at least 25 yards using specified strokes; water safety. **5 children maximum per class**

### Level 4: (Suitable for ages 6-12)

#### **Stroke Refinement**

**Goals:** Builds on skills from level 3; head first entries; can demonstrate rotary breathing, treading water, frog kick, dolphin kick, breast stroke, butterfly, freestyle, backstroke, and flip turns. Can swim each stroke for at least 25 yards; water safety. **5 children maximum per class**

### Progress Reports:

Progress reports are distributed at the last session of lessons, which will include recommendations for future level placement from the instructors. All lessons are designed to build on previously learned skills.

### Private and Semi-Private Lessons:

Private and semi-private lessons are a great option for individualized instruction for swimmers of all ages and abilities. These range from participants who want to focus on specific skills or just thrive working 1-on-1 with an instructor. Children with special needs have also significantly benefitted from our private lesson program. We will pair you up with one of our experienced swim instructors at a time that works for you. Getting set up is easy, just fill out a private/semi-private lesson request form and you will be contacted by an instructor to set up lessons around your schedule! Private lessons are limited to 1 participant per instructor; semi-private lessons can have up to 3 participants of your choosing.

Lesson packages are available in singles, or packages of 4 or 8.

### Little Warriors Lessons:

The Little Warriors Lessons are semi-private lessons with up to 3 participants offered on Tuesday and Thursday mornings, in 30-minute sessions from 9:00-11:15 AM. Each session will include 6 classes. These classes are designed for children ages 2.5-4 years old.

### Lesson Prices:

All prices are per participant\*

#### Private lessons:

<b>Member</b>	<b>Non-member</b>
Single: \$22	Single: \$24
4 pack: \$76	4 pack: \$84
8 pack: \$142	8 pack: \$162

#### Semi-Private:

<b>Member</b>	<b>Non-member</b>
Single: \$18	Single: \$20
4 pack: \$62	4 pack: \$74
8 pack: \$118	8 pack: \$140

#### Group lessons:

<b>Member</b>	<b>Non-member</b>
T/T: \$48	T/T: \$56
Saturday: \$24	Saturday: \$28

#### Little Warriors lessons:

\$65.00 per **member**

\$75.00 per **non-member**

For more information about any of our lesson programs, please contact  
Brad Weaver, Assistant Aquatics Manager  
309-444-8222 x24 or  
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Thanks for choosing Five Points Washington!

