



SwimSkill Swim Lesson Curriculum

Our learn-to-swim program teaches the four competitive swim strokes and endurance swimming. Young swimmers must be comfortable in the deep water and generally be able to swim across the pool to be accepted. Lifejackets are NOT worn. All lessons are at the Canada Games Pool.

The curriculum for each of the 5 swim lesson levels:

GREEN

-15m Front Crawl / Backstroke kick
-Streamline push-offs

-Underwater swim, retrieve an object at 1m depth
-Rhythmic breathing (10 bobs, 3 second intervals)

BLUE

-25m Front Crawl / Backstroke / Breaststroke kick
-Streamline push-offs

-Underwater swim 3m
-Rhythmic breathing (kickboard, blow air under water)

BRONZE

-50m Front crawl / Backstroke
-25m Breaststroke / Butterfly kick
-Continuous swim 100m

- Racing dives and back starts
- Preparing for swim club Novice group

SILVER

-75m Front crawl / Backstroke / Breaststroke
-50m Butterfly kick
-Shallow dive with breakouts - all 4 strokes

-Continuous swim 150m
-1 Arm Butterfly
-Preparing for swim club Novice or Senior1 group

GOLD

-100m Front crawl / Backstroke / Breaststroke
-25m Butterfly
-Continuous swim 200m

-Individual Medley swim (all four strokes)
-Freestyle flip turn with streamline push-off
-Preparing for swim club Senior1 group

Registration details:

- Age range is 5 - 12 years old. Maximum class size of 6 or 8 depending on the level.
- Cost is \$130 (subject to change) for 16 lessons (8 weeks).
- Register online at www.swimkamloops.com, payment by credit card or Visa Debit/Mastercard Debit.
- **Not sure what level to register in? Call us to set up a 5 minute assessment. 250-828-3660**

Transitioning Lessons to Club Swimming:

Once children are strong in the four competitive strokes and have completed the upper levels of the KCS swim lesson program, we hope that they will continue the fun by transitioning into **the Novice level of KCS Club Swimming**. More information can be found online under the “Programs” tab, then selecting “Entering Swim Club” from the drop-down menu.