

SUMMER 2020 SWIMSKILL SWIM LESSON PROGRAM

WEEK-LONG SEMI-PRIVATE LESSONS

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 Brock Pool until further notice.**

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) **Not offered at the moment**
- **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 competitive or recreational 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 –

Registration details:

- Age range is 6 - 12 years old. Maximum class size of 2 during COVID-19.
- Cost is \$165 (subject to change) for 5 semi-private lessons (2 students per class)
- Register online at www.swimkamloops.com, payment by credit card or Visa Debit/Mastercard Debit.
- Not sure what level to register in? Call us for an assessment. 250-828-3660 or email: admin@swimkamloops.com

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 “Competitive” tab, then select the “Transitioning: Lessons to Novice” button.