



## School Year Swim Lessons Info

<b>PreTeam</b>		
Non-Competitive Level 5 Group Lesson Prepare swimmers to join the club team	Wednesday & Friday 3:15-4:00 pm	\$300 for the season August to November
<p><b>Must talk to Coach Nikki before signing up for this group.</b></p> <p>*This is a seasonal group. When signing up, you must commit to the season as a whole. Swimmers not invited to join the team will take a break for the winter, and will resume swimming after Spring Break.</p> <p>There are no make ups offered for this group.</p>		

<b>Private Lessons</b>		
Individual instruction for swimmers of all skill levels	Tuesday, Thursday, Friday Between 4:00 & 6:00 pm	\$25 / lesson 30 minutes per lesson
<p><b>* 24 hour cancelation policy for all private lessons *</b></p> <p><i>If we do not receive at least 24 hour notice before a missed lesson, you will still be charged for the lesson. You will not be charged for weather cancelations.</i></p>		
<p>Lessons should be paid by check, made out to Tampa Bay Aquatic Club,            at the time of the lesson.</p>		
<p>Contact Coach Nikki to check availability for private lessons.            Private lessons will take a break for the winter, and will resume after Spring Break.</p>		

**Please contact Coach Nikki Murray with any questions about swim lessons.**  
 coachnikki2013@gmail.com

## Swim Lessons Levels

Tampa Bay Aquatic Club is committed to teaching swimmers of all ages and ability levels water safety and competitive swimming skills. We want the swimmers who come through our lessons program to be able to join the competitive team if they wish.

All swimmers in lessons are encouraged to wear goggles.

**Water diapers are not permitted in the pool at River Hills Country Club.**

### **Level 1: Bubbles, Kicking, & Floating on Back**

Swimmers in this group are comfortable in the water. They will practice putting their face in the water and blowing bubbles with their mouths and noses. They will also practice flutter kick, with the coach and eventually all on their own. Finally they will practice floating on their back as a way to catch their breath.

### **Level 2: Streamline Kicking, Rolling on Back, & Beginning Freestyle Strokes**

Swimmers in this group can flutter kick on their own and understand how to blow bubbles. They will begin learning to kick in a streamline, to roll on their back from kicking, and to kick on their back. They will also begin using their arms to swim freestyle and backstroke.

### **Level 3: Bilateral Breathing Freestyle & Backstroke**

Swimmers in this group can swim passed the flags doing freestyle. They will continue to practice blowing bubbles, breathing, and streamline. They will also continue to use their arms for freestyle and backstroke, and will learn bilateral breathing for freestyle.

### **Level 4: Intro Butterfly & Breaststroke**

Swimmers in this group have a good understanding of freestyle and backstroke. They will continue to practice blowing bubbles, breathing, and streamline. They will begin to learn butterfly and breaststroke; beginning with the kick, adding the arms, and eventually understanding when to breath.

### **Level 5: All Four Strokes, Flip Turns, & Starts**

Swimmers in this group can swim a 25 of freestyle, are comfortable swimming backstroke, and have a strong breaststroke and butterfly kick. They will continue to work on all four strokes to make them efficient and legal. They will also continue practicing blowing bubbles, breathing, and streamline. They will begin to learn dives, backstroke starts, flip turns, and open turns. Swimmers at this level are encouraged to join the PreTeam group.