

Magnolia Aquatic Club – General Summer Classes Taught

Class Descriptions and Skills Taught in all Lesson Groups

<ul style="list-style-type: none"> • Jump off the side of pool in deeper water and learning to turn and climb out. 	
<p><u>Guppy</u>- Ages 2½- 5 years</p> <p><u>Goals</u> - To teach swimmers to be comfortable in and around the water by;</p> <ul style="list-style-type: none"> • Put their faces in the water • Blowing bubbles • Basic swimming motions (kicking & arms action) • Gliding and kicking with a kick board plus learning the arm pulling action. • Floating on back independently • Going underwater and retrieving objects from the bottom of the pool. 	
<p><u>Goldfish</u>- Ages 3-6 years</p> <p><u>Goals</u> – To teach swimmers to build on their basic swimming skills by;</p> <ul style="list-style-type: none"> • Teaching swimmers to glide in streamline position on front and back • Teaching the concept of side breathing • Kicking independently on their stomach and back. • Learn to transition from back to front & front while floating and swimming • Learn to swim a distance of 15 feet with proper arm stroke and rolling to breath • Jump into deep water, surface and swim to side of pool without assistance 	
<p><u>Turtle</u>- Ages 4-8 years</p> <p><u>Goals</u> - To teach swimmers to build on their basic swimming skills by;</p> <ul style="list-style-type: none"> • Teaching swimmers how to streamline and kick unsupported on front & back • Learn proper technique for freestyle & backstroke • Learn how to breath to the side while swimming freestyle • Introduce swimmers to the breaststroke (Frog) kick • Jump into deep water and swim a minimum of 12m 	
<p><u>Stingrays</u>- Ages 5 & Older</p> <p><u>Goals</u> - To teach swimmers more advance swimming techniques by;</p> <ul style="list-style-type: none"> • Teaching swimmers to transition from streamline kick to freestyle and backstroke • Improve kicking skill on front and back including breaststroke (Frog) kick • Teach bilateral breathing in freestyle • Introduce Breaststroke swimming • Teach basic diving progression as advised by USA Swimming • Teach swimmers to swim comfortably in deep water 	
<p><u>Dolphins</u>- Ages 6 & Older</p> <p><u>Goals</u>- To teach swimmers more advanced techniques in swimming by;</p> <ul style="list-style-type: none"> • Teaching freestyle & backstroke drills to improve technique • Incorporating combination drills for kicking to stroke drills • Introduce butterfly (Dolphin) kick • Teach swimmers how to perform a surface dive in deep water • Work on proper diving skills from side and starting blocks • Teach swimmers to transition from diving to swimming 	
<p><u>Shark</u>- Ages 8 & Older</p> <p><u>Goals</u>- To provide swimmers the opportunity to improve their swimming skill by;</p> <ul style="list-style-type: none"> • Working on various swimming drills for freestyle, backstroke and breaststroke • Introduce how to swim the butterfly stroke through progression drills • Teach treading water, sculling and surface dive techniques • Improve diving technique • Improve swimmers endurance through interval training 	

FUTURE CHAMPIONS

GROUP INFORMATION

“Red” Team (Advanced) with ages 5-9

This group is for the advanced swimmer who is comfortable in the water, and has some understanding of swimming. We will teach the swimmers how to streamline and kick unsupported on front & back, learn proper technique for freestyle & backstroke, learn how to roll from front to back to get a breath and side breathing while swimming, kick with a kickboard for 25 yards, jump into deep water and swim a minimum of 12 meters unassisted.

“White” Team (Intermediate) with ages 5-7

This group is for the intermediate swimmer. The swimmer must be independent in the water. We will teach them to push off the wall in streamline position on their front and back, use the kickboard independently, swim freestyle independently, and side breathing while swimming. Float and kick on their back unassisted, and use their arms in a backstroke form for at least 15 meters.

“Blue” Team (Beginners) with ages 3-5

This group is for the beginner swimmer and will be 30 min in duration. We have found that 30 min water time with the beginner swimmer is a more appropriate learning environment. We will teach them to put their faces in the water, blow bubbles, basic swimming motions (kicking & arm action), gliding and kicking with a kick board plus learning the arm pulling action, floating on back independently, going underwater and retrieving objects from the bottom of the pool.