

2020 Spring Little Dippers Online registration starting on March 31st

Please visit skyswimming.com on March 31st to register for classes

Little Dippers is a 5 week lesson program for beginner to novice swimmers ages 18 months to 12. The program is based on teaching the fundamentals of floating, water safety, and competitive swimming strokes. The classes will be offered on Monday-Wednesday or Tuesday-Thursday schedule. Registration for classes will be online at skyswimming.com starting at 6 am on March 29th till midnight April 11th.

- Class Days: Monday-Wednesday or Tuesday-Thursday
- Class times: 3:30 to 4:00, 4 to 4:30, 4:30 to 5, and 6:45 to 7:15.
- Class fee: \$65.00 (no discounts for additional children) Online registration: at skyswimming.com starting at 6 am on March 31st.
- Classes start: April 13th to May 14th
- Location: Bowling Green High School swim pool If you need some additional information please call Coach Dee at 270-779-3658.

Class Descriptions

18 months to 36 months

18 months to 3 year olds swim classes kids are introduced to the water through songs and games. The goals for this class are to have the children comfortable and happy in the water as well as learn the basic skills necessary to move on to Preschool level classes when age appropriate. Skills taught are blowing bubbles, kicking feet ?motor boat?, submersion, holding breath, floating front/back, and water entry/exit.

3 years and above

Beginning Swim Lessons Level 1 This class requires no previous experience in the water. Children will gain confidence to perform basic skills like kicking with the instructor, floating on front/back, superman kicking, and submersion. This class is a fun way to introduce your child to swimming.

Beginning Swim Lessons Level 2 If your child is able to put their face in the water and exhale and can independently float on their stomach/back, they have the skills necessary to join our Level 2 class. Children will begin to perform skills such as front/back glides, superman kicking, freestyle and backstroke arm movements, and rolling over from stomach to back.

Novice Swim Lessons Level 3 If your child has mastered the skills taught in beginning level 2 classes they are ready to join our Level 3 class. Children will learn proper body position, arm movements for freestyle/backstroke, and proper breathing techniques. As they grow more confident in this level they will achieve swimming greater distances with proper techniques and body position

Advanced Swim Lessons Level 4 Advanced swimmers can swim 15 yards of freestyle and backstroke independently without assistance. This class will continue to focus on these 2 strokes and an introduction into more swimming disciplines (Breast & Butterfly). In addition, children will be taught proper techniques in race start diving.