

Edina Swim Club Summer Swim Lesson Descriptions

www.edinaswim.com

office@edinaswim.com

612.308.5362

Gator Nibbles 1	Gator Nibbles 2	Gator Nibbles 3
Ages 4-5	Ages 4-5	Ages 4-5
Skills Taught: *Water adjustment *Bubble blowing *Submersion of face *Assisted floats *Assisted kicking *Assisted paddling *Safe enter/exit of pool	Skills Taught: *Submersion of body *Front float/back float *Front kick/back kick *Reach and pull *Transition from front to back *Underwater retrieval of an object *Jumping into pool *Safety	Skills Taught: *Bobs with breathing *Rhythmic breathing *Front glides/back glides *Independent flutter kick *Front crawl arms *Back crawl arms *Underwater push offs *Intro to breaststroke and butterfly *Safety rules
Exit Skills: *Submersion of face *Breath holding *Float with flotation device *Independent movement w flotation device *Enter/exit safely	Exit Skills: *Bobs *Independent movement on front and back *Transition from front to back *Swim underwater *Jump and return to wall *Enter/exit safely *Recognize lifeguards	Exit Skills: *Independent front crawl *Independent back crawl *Rhythmic breathing *Swimming underwater *Understand safety rules *Recognize lifeguards
Max of 3 students	Max of 3 students	Max of 3 students
\$165	\$165	\$165
30 minute class	30 minute class	30 minute class

Gator Bites 1	Gator Bites 2	Gator Bites 3
Ages 5-7	Ages 5-7	Ages 5-7
Skills Taught: *Submersion of face *Rhythmic breathing *Front and back floats *Flutter kicking *Reach and pull *Assisted movement on front *Movement on back *Underwater swimming *Safe enter/exit of pool	Skills Taught: *Submersion of body *Rhythmic breathing *Front kick/back kick *Front crawl arms *Back crawl arms *Transition from front to back *Underwater retrieval of an object *Introduction to breast kick and dolphin kick *Jumping into pool *Safety rules	Skills Taught: *Bobs with breathing *Front glides/back glides *Front crawl with side breathing *Back crawl with oppositional arms *Underwater push offs *Intro to breaststroke and butterfly *Somersaults *Dives *Safety rules
Exit Skills: *Submersion of face *Breath holding and blowing bubbles *Float on front and back *Independent movement on front and back *Enter/exit safely *Recognize lifeguards	Exit Skills: *Rhythmic breathing *Front crawl *Back crawl *Transition from front to back *Swim underwater *Jump and return to wall *Enter/exit safely *Recognize lifeguards	Exit Skills: *Front crawl with side breathing *Back crawl with oppositional arms *Breaststroke kick *Dolphin kick *Somersaults *Swimming underwater *Understand safety rules *Recognize lifeguards
Max of 4 students	Max of 4 students	Max of 4 students
\$165	\$165	\$165
30 minute class	30 minute class	30 minute class

Advanced Lessons

Gator Jaws 1	Gator Jaws 2	Gator Jaws 3
Ages 7-12	Ages 7-12	Ages 7-12
<p>Skills Taught:</p> <ul style="list-style-type: none"> *Submersion of face and body *Rhythmic breathing *Introduction of side breathing *Flutter kicking on front and back *Front crawl arms with board and rhythmic breathing *Back crawl arms *Underwater swimming *Introduction to breast and dolphin kick *Streamlines *Dives *Safety Rules 	<p>Skills Taught:</p> <ul style="list-style-type: none"> *Front crawl with side breathing every 3 *Backstroke with oppositional arms *Dolphin and Breaststroke kick *Butterfly and Breaststroke Somersaults and flip turns *Streamlines *Dives *Basics of competitive swimming introduced *Safety rules 	<p>Skills Taught:</p> <ul style="list-style-type: none"> *Competitive drills for all strokes *Language for competition *Flip turns for freestyle and backstroke *Open turns for non-freestyle *Dives and competitive starts *Refinement of strokes *Understanding of tools used ins swimming such as pace clocks, etc. *Safety rules
<p>Exit Skills:</p> <ul style="list-style-type: none"> *Front crawl with side breathing *Backstroke *Dolphin kick *Understand pool safety *Recognize lifeguards 	<p>Exit Skills:</p> <ul style="list-style-type: none"> *Front crawl with side breathing every 3 *Backstroke with oppositional arms *Breaststroke with correct pull and kick pattern *Butterfly with correct pull and kick pattern *Dives *Streamlines underwater *Somersaults *Understand pool safety 	<p>Exit Skills:</p> <ul style="list-style-type: none"> *Competitively legal strokes *Flip turns *Head first dives *Understanding of competitive language *Understand pool safety
Max of 6 students	Max of 6 students	Max of 6 students
\$225	\$225	\$225
45 minutes	45 minutes	45 minutes

Private lessons

The Edina Swim Club will offer private lessons if space is available at the Edina Aquatic Center. The cost will be \$40 per half hour and will be arranged with Swim Lesson Supervisor. These lessons will be conducted within our available swim lesson time. Please email the swim club office if interested: office@edinaswim.com