

## Edina Swim Club Summer Swim Lesson Descriptions

[www.edinaswim.com](http://www.edinaswim.com)

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612.308.5362

Gator Nibbles 1	Gator Nibbles 2	Gator Nibbles 3
<b>Ages 4-5</b>	<b>Ages 4-5</b>	<b>Ages 4-5</b>
<b>Skills Taught:</b> *Water adjustment *Bubble blowing *Submersion of face *Assisted floats *Assisted kicking *Assisted paddling *Safe enter/exit of pool	<b>Skills Taught:</b> *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	<b>Skills Taught:</b> *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
<b>Exit Skills:</b> *Submersion of face *Breath holding *Float with flotation device *Independent movement w flotation device *Enter/exit safely	<b>Exit Skills:</b> *Bobs *Independent movement on front and back *Transition from front to back *Swim underwater *Jump and return to wall *Enter/exit safely *Recognize lifeguards	<b>Exit Skills:</b> *Independent front crawl *Independent back crawl *Rhythmic breathing *Swimming underwater *Understand safety rules *Recognize lifeguards
<b>Max of 3 students</b>	<b>Max of 3 students</b>	<b>Max of 3 students</b>
<b>\$165</b>	<b>\$165</b>	<b>\$165</b>
<b>30 minute class</b>	<b>30 minute class</b>	<b>30 minute class</b>

<b>Gator Bites 1</b>	<b>Gator Bites 2</b>	<b>Gator Bites 3</b>
<b>Ages 5-7</b>	<b>Ages 5-7</b>	<b>Ages 5-7</b>
<b>Skills Taught:</b> *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	<b>Skills Taught:</b> *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	<b>Skills Taught:</b> *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
<b>Exit Skills:</b> *Submersion of face *Breath holding and blowing bubbles *Float on front and back *Independent movement on front and back *Enter/exit safely *Recognize lifeguards	<b>Exit Skills:</b> *Rhythmic breathing *Front crawl *Back crawl *Transition from front to back *Swim underwater *Jump and return to wall *Enter/exit safely *Recognize lifeguards	<b>Exit Skills:</b> *Front crawl with side breathing *Back crawl with oppositional arms *Breaststroke kick *Dolphin kick *Somersaults *Swimming underwater *Understand safety rules *Recognize lifeguards
<b>Max of 4 students</b>	<b>Max of 4 students</b>	<b>Max of 4 students</b>
<b>\$165</b>	<b>\$165</b>	<b>\$165</b>
<b>30 minute class</b>	<b>30 minute class</b>	<b>30 minute class</b>

## Advanced Lessons

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

### **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](mailto:office@edinaswim.com)