



SHARKS SWIM ACADEMY

SWIM LESSON DESCRIPTIONS

BABY SHARKS 6 MONTHS-3 YEARS

This is our parent toddler program at GAC! Family members join their little one in the pool while the instructor leads them through water skills and orientation.

PRESCHOOL LESSONS 3-5 YEARS

Preschool 1 (P1)

- Does not have to have any previous lesson experience.
- Level will work on introduction to aquatic skills. (Ages into AG 1)

Preschool 2 Intermediate (P2)

- Must be able to perform the following skills...
 - Swim unassisted with bubble for 5 yards, on front and back, using alternate legs and arm movements.
 - Swim unassisted back to the wall after jumping into the pool with a bubble.
 - Swim with face into the water.
- Level will work on fundamentals of stroke mechanics. (Ages into AG 2)

Preschool 3 Advanced (P3)

- Must be able to perform the following skills...
 - Swim unassisted with bubble for 10 yards, on front and back, using alternate legs and arm movements.
 - Swim unassisted without bubble for 5 yards, on front and back, using alternate legs and arm movements.
 - Swim with face into the water.
 - Swim unassisted back to the wall after jumping into the pool without a bubble.
- Level will work on advanced aquatic skills and stroke mechanics. (Ages into AG 2)



AGE GROUP LESSONS 5-8 YEARS

Age Group 1 Beginner (AG1)

- Does not have to have any previous lesson experience.
- Level will work on introduction to aquatic skills. (Ages into Y1)

Age Group 2 Intermediate (AG2)

- Must be able to perform the following skills...
 - Swim unassisted with bubble for 10 yards, on front and back, using alternate legs and arm movements.
 - Swim unassisted without bubble for 5 yards, on front and back, using alternate legs and arm movements.
 - Swim with face into the water.
 - Swim unassisted back to the wall after jumping into the pool without a bubble.
- Level will work on fundamentals of stroke mechanics. (Ages into Y2)

Age Group 3 Advanced (AG3)

- Must be able to swim unassisted for 10 yards, on front and back, without a bubble using alternating arm and leg movements.
- Level will work on advanced aquatic skills and stroke mechanics. (Ages into Y3)

YOUTH LESSONS 8-12 YEARS

Youth 1 Beginner (Y1)

- Does not have to have any previous lesson experience.
- Level will work on introduction to aquatic skills.

Youth 2 Intermediate (Y2)

- Must be able to complete the following skills...
 - Swim unassisted with bubble for 10 yards, on front and back, using alternate legs and arm movements.
 - Swim unassisted without bubble for 5 yards, on front and back, using alternate legs and arm movements.
 - Swim with face into the water.
- Level will work on fundamentals of stroke mechanics.

Youth 3 Intermediate B (Y3)

- Must be able to swim unassisted for 10 yards on front and back using alternating arms and legs.
- Level will work on advanced aquatic skills and stroke mechanics.

Youth 4 Advanced (Y4)

- Must be able to swim unassisted for 25 yards using alternating arms and legs, on front and back.
- Level will introduce competitive swimming skills, while continuing to refine stroke mechanics and other advanced aquatic skills.
- Must be able to swim unassisted for 25 yards while swimming Freestyle (w/rotary breathing) and 25 yards of Backstroke.
- Musts have a beginner Breaststroke/Butterfly.
- Must be able to tread water for 20 seconds.

Great White Sharks 8-12 years (Pre-Comp)

- Must be able to swim unassisted for 25 yards while swimming Freestyle (w/rotary breathing) and 25 yards of Backstroke.
- Musts have a beginner Breaststroke/Butterfly.
- Must be able to tread water for 20 seconds.
- This group prepares young swimmers for competitive programs.

Please contact us with additional questions!

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