

The Berkeley Swim School - Holiday 2020

Monday November 30 - Thursday December 17

All classes are 45 minutes

Fee: \$120.00

Level I is for 6 months - 5 years with a parent. All ages will be working on age appropriate skills with their parent. This will include blowing bubbles, floating on the front and back, as well as arm strokes.

Tuesday: 3:00

Wednesday: 4:00

Thursday: 5:00

Level II is for ages 5 - 7 years old without a parent. Activities will include strong kicking on front and back, bilateral breathing, freestyle, breaststroke kicking, fly kicking and front somersaults.

Monday: 3:00, 4:00, 5:00

Tuesday: 3:00, 4:00, 5:00

Wednesday: 3:00, 5:00

Thursday: 3:00, 4:00

Level III is for ages 8 - 11 years old. Activities will include freestyle and backstroke demonstrating a propulsive kick, bilateral breathing, breaststroke kicking, fly kicking, front somersaults, and drills for breaststroke and fly.

Monday: 4:00, 5:00

Tuesday: 3:00, 5:00

Wednesday: 3:00, 4:00

Thursday: 3:00, 5:00