

SWIM LESSONS by GREATER COLUMBUS SWIM TEAM of OHIO

Preschool classes are ages 3-5 and School Age and Intermediate classes are 6+

30 Minute Classes:

Preschool Bronze/School Age Bronze-

Prerequisite skills: none

This class is our introduction into swim lessons and getting comfortable with the water. Skills include: putting face in, floating on back and front with assistance, jumping in with assistance and pushing off the wall on back and stomach with assistance.

Preschool Silver/School Age Silver-

Prerequisite Skills: comfortable with going under the water consistently, ability to float with assistance, willingness to jump in from the side, blowing bubbles

This class continues getting comfortable within the water while encouraging kids to become more independent. Skills include: Unassisted floating, unassisted push-offs on their front and on their backs, kicking with a kickboard, introduction to freestyle, introduction to treading water, and jumping in without assistance.

Preschool Gold/School Age Gold-

Prerequisite skills: floating independently on back and front, ability to jump off the side without assistance, ability to kick with a kickboard at least halfway, an introduction to front crawl/freestyle

In this class, we are encouraging independence within the deep end of the pool as well as more efficient freestyle swimming. Skills include: treading water for 30 seconds, kicking unassisted across the pool, introducing side breathing with freestyle, introduction to backstroke, and introduction to sitting dives.

Preschool Gold Plus-

Prerequisite skills: Has passed Preschool Gold or has been assessed by the director

This class is specifically for kiddos who have passed through Preschool Gold but are still not six years old yet. This does many of the skills in the Intermediate Silver class, however is still only 30 minutes long. Skills include: treading water for 30 seconds, unassisted backstroke and freestyle for a half-length of the pool, kicking with and without a kickboard for 25 yards, introduction to streamline push-offs, intro to breaststroke kick with a kickboard, and kneeling dives.

45 Minute Classes:

Intermediate Silver-

Prerequisite skills: Has passed Preschool Gold Plus/School Age Gold OR can do the following: tread water at least 15 seconds, can breathe to the side consistently during freestyle at least halfway, can swim backstroke to the flags (5 yards), can kick with a kickboard the length of the pool, comfortable jumping into the deep end without assistance

This class moves into focusing more on stroke technique and form as kids become more comfortable swimming multiple lengths of the pool. Skills include: treading water for one minute with a break halfway (at 30 seconds), freestyle for a 25 (full length) and backstroke halfway with correct form, kicking with a kickboard the entire length of the pool back and freestyle kicking, introduction to streamline push-offs, introduction to breaststroke kick with a kickboard, and kneeling dives. We also introduce dryland activities which include a ten second plank.

Intermediate Gold-

Prerequisite skills: has passed Int. Silver OR can do the following: tread water for 30 seconds unassisted, kicking full length of the pool with a kickboard, comfortable with jumping in/unafraid to attempt diving into the deep end, has been introduced to breaststroke kick, can swim a length of the pool freestyle with a side breath.

This class continues working on freestyle and backstroke forms and also moves into working on the other strokes and the more detailed parts of swimming. Skills include: treading water for one continuous minute, front and back kicking for 50 yards (2 lengths) each, freestyle for 50 yards (2 lengths) and backstroke for 25 yards (1 length). Introduction to backstroke starts with a streamline, continue working on breaststroke kick with a kickboard (25 yards), intro to breaststroke pull, introduction to butterfly kick with a kickboard, and standing dives. Dryland skills include: planking 20 seconds and 15 sit ups.

Advanced- Upon passing Advanced, kids are ready to join GCSTO as a Novice

Prerequisite skills: Has passed Int. Gold OR can do the following: tread water for at least 45 seconds continuous, kicking with a kickboard at least 2 lengths of the pool, can do 1 length of freestyle with side breathing and backstroke without stopping, has been introduced to breaststroke, has been introduced to butterfly kick (some lesson programs call this dolphin kick), can do at least a kneeling dive.

This class practices all four strokes, as well as introduces competition level swimming techniques. Skills include: Streamlining past the flags into freestyle swim, backstroke start into backstroke swim, freestyle and backstroke 50 yards with correct form, breaststroke kick 50 yards (2 lengths), breaststroke swim for 25 yards (1 length), butterfly kick with kickboard for 25 yards (1 length), introduction to butterfly pull, introduction to freestyle flipturns, and intro to the breaststroke pullout. Dryland skills include: planking for 25 seconds and 20 sit ups.

Polar Bear Precompetitive- Upon completion of this class, kids are considered to have graduated the program and are ready to join GCSTO Level 1

Prerequisite skills: Has passed Advanced OR can do the following: has been introduced to all four strokes, can dive off the side, can swim at least 2 lengths freestyle with side breathing, has been introduced to freestyle flip turns.

In this class, kids are being prepared for joining a swim team. Skills include: backstroke and freestyle flipturns, freestyle and backstroke for 50 yards (2 lengths each) with flipturns, breaststroke for 50 yards (2 lengths) with at least one pullout, butterfly and breaststroke turns, competitive finishes, 100 yard IM, and racing dives. Dryland skills include: planking 30 seconds, 25 sit ups, and jogging around the pool for one lap.