

Splashers

SWIM LESSONS

OPEN TO ALL
CHILDREN AGES 3-9
IN BARTLESVILLE &
SURROUNDING AREAS

We make learning to swim fun!

We strive to instill a love of the sport in a fun, positive atmosphere. Led by experienced instructors, kids learn water safety skills and proper swimming fundamentals. They'll also become proficient and comfortable in the water as they progress through our lessons program.

- Experienced instructors
- Small class sizes
- Individual attention
- Fun & positive atmosphere

Visit our Splashers
info page to register:



We make learning to swim fun! Taught by experienced swimmers, your child will learn life saving swimming skills along with basic stroke instruction. As they progress through the Splashers program, they'll become more proficient and comfortable in the water.

1

ON YOUR MARK

- At least 3 years old (must be potty trained)
- Be comfortable in water, enjoy playing in water
- Submerge head & open eyes underwater
- Be ready to learn how to swim

2

GET READY

- Pass Level 1: On Your Mark -or-
- Float on tummy for 5-10 secs independently
- Float on back for 5-10 seconds independently
- Jump in deep water, turn around & return to wall independently
- Basic freestyle (crawl) for 4-6 arm strokes independently
- Basic backstroke for 4-6 arm strokes independently

3

GET SET

- Pass Level 2: Ready -or-
- Freestyle with basic side-breathing for 10 yards independently
- Backstroke for 10 yds independently
- Knowledge of breaststroke kick
- Seated and/or kneeling dives

4

GO!

- Pass Level 3: Get Set -or-
- Freestyle with side-breathing nonstop for 15 yards
- Backstroke nonstop for 15 yards
- Knowledge of breaststroke kick and dolphin kick
- Basic breaststroke coordination pull & kick
- Dives

We make learning to swim fun! Taught by experienced swimmers, your child will learn valuable and life saving swimming skills for your child. As they progress through the Splashers program, they'll become more proficient and comfortable in the water.

1

ON YOUR MARK

- Blow bubbles with face in water
- Front & back floats for 5-10 secs independently
- Flutter kick with kickboard for 10 yds with face in water
- Push off wall, streamline with flutter kick on front to instructor (about 5 yds)
- Jump in deep water, turn around & return to wall unassisted
- Basic freestyle for 5 yards
- Kick back with arms at side
- Basic backstroke for 5 yds

2

GET READY

- Push off wall, flutter kick on back in streamline for 15 yds
- Freestyle for 15 yds with side-breathing
- Backstroke for 15 yds with consistent flutter kick
- Introduction to breaststroke kick
- Seated & kneeling dives

3

GET SET

- Legal breaststroke kick with kick board for 15 yds
- Basic breaststroke & butterfly coordination pull & kick
- Legal dolphin kick on back for 15 yds

4

GO!

- Push off wall, streamline 5 yds, freestyle rest of pool length (25 yds) continuously with side-breathing (not lifting head)
 - Push off wall, streamline 5 yds, backstroke rest of length (25 yds) continuously with wall awareness
 - Legal breaststroke x 15 yds
 - Legal dolphin x 15 yds
 - Standing dives
 - Basic freestyle flip turn
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