



SWIM SCHOOL

GOLD'S GYM WOODINVILLE

Gold's Gym Woodinville offers a high quality year round swim program. Our goal is to provide a positive learning environment for all ages, in a safe and fun manner. Our lessons emphasize water safety, stroke technique, and progresses to endurance training.

Our swimmers will gain self confidence, while learning the important life skills of water safety. All classes will be instructed by qualified and enthusiastic staff. Every swimmer will be individually assessed at the end of each session.

We look forward to being a part of every swimmer's success!

LEVELS OF INSTRUCTION



Level 1

(Age 3-12)

CRABS: Swimmers at this level have limited experience and may be fearful of the water. They will learn water adjustment, blowing bubbles, bobs, floating on our front as well as our backs, and straight leg kicks.

The main focus is on getting comfortable in the water and having fun!



Level 2

(Age 3-12)

SEAHORSES: Swimmers at this level are less fearful but are not completely comfortable in the water yet. We will learn to streamline kick on our fronts and backs, then introduce freestyle and backstroke. We will also work to improve comfort in the water by bringing objects up from the bottom as well as flipping and floating.



Level 3

(Age 5-14)

TURTLES: Swimmers are more comfortable in the water and have a better understanding of body position and control. Here, we will learn freestyle with proper side breathing and continue working on backstroke.

We also reinforce skills learned at previous levels, including kicking, correct streamline, and breath control. Additionally, they discover new skills such as dolphin kick, breaststroke kick, and treading water.



Level 4

(Age 5-14)

SHARKS: Swimmers are now relaxed in the water and able to swim without assistance for a short period of time. With more confidence in the water, we will start to focus on proper freestyle and backstroke technique. We continue to improve on our breaststroke and butterfly kick, then begin to introduce the pull for those strokes. We also work on new skills, such as flip turns and the diving progression.



Level 5

(Age 5-14)

DOLPHINS: Swimmers at this level have shown a good understanding of proper technique in both freestyle and backstroke. Additionally, swimmers are able to perform legal breaststroke kicks as well as awareness of butterfly. At this level, our focus is heavily on stroke refinement and preparing them for the pre-comp program. In addition, swimmers will continue to work on flip turns as well as turns for the remaining strokes.



PRE-COMP

(Age 6-15)

ORCAS: The pre-competitive swim school is for novice level swimmers wishing to enhance or maintain stroke technique and conditioning. This is an introduction to competitive swimming for those wanting to join the year around Club-team or stay in shape.

TO REGISTER VISIT WWW.GOLDSAQUATICSClub.COM