



# The Swim School Gold's Gym Woodinville



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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

**CRABS:** Swimmers ages 3 and up; they will learn water adjustment, blowing bubbles, bobs, front and back float, and straight leg kicks.

**SEAHORSES:** Swimmers able to do previous level skills; they will learn streamline front and back glides, front and back torpedoes, crawl stroke, backstroke, side-glide kick, bringing objects up from the bottom and flip and float.

**TURTLES:** Swimmers able to do previous level skills; they will learn crawl stroke with side breathing, freestyle, backstroke, breaststroke kick, elementary backstroke, bilateral breathing, dolphin kick and treading water.

**SHARKS:** Swimmers able to do previous level skills; they will learn freestyle, backstroke breaststroke, elementary backstroke, butterfly, sidestroke, and the diving progression.

**DOLPHINS:** Swimmers able to do previous level skills; this level is to work endurance and stroke refinement in addition swimmers will learn turns for all four strokes.

**ORCAS:** This level is a pre-competitive swim school for novice level swimmers wishing to enhance or maintain stroke technique, conditioning and introduction to competitive skills.

**TO REGISTER VISIT:  
[WWW.GOLDSAQUATICSClub.COM](http://WWW.GOLDSAQUATICSClub.COM)**