



# Burlingame Aquatic Club

## Group Lessons Descriptions

BAC Swim Lessons give children and adults the opportunity and tools to learn all competitive swim strokes in a focused and safe aquatic environment!

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### **Parent and Child**

6 months - 3 years

In this class we will familiarize children with the water and teach skills necessary to become swim-ready. You will also be provided with aquatic safety information including techniques parents can use to orient their children with the water.

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### **Preschool 1**

3-5 years

This class is for first time swim lessons participants. We will help students become familiar with the water while learning basic aquatic skills. We will encourage and develop positive attitudes and safe aquatics practices.

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### **Preschool 2**

3-5 years

This class is for swimmers who are comfortable in the water and are confident going underwater and holding their breath. This level focuses on the swimmers development in swimming both backstroke and freestyle.

*\*Child must pass preschool 1 or demonstrate prerequisites to progress to this level*

We reserve the right to move your child from the class you signed up for to one that is more developmentally appropriate. In addition, some levels may be combined to provide a more efficient class.

## **Preschool 3**

**3-5 years**

For swimmers who can already swim freestyle and backstroke several body lengths unassisted and can surface dive to the bottom of the pool unassisted. In this class swimmers will continue to develop their ability to swim unassisted and learn more advanced freestyle and backstroke techniques. They will also begin to learn the basics of breaststroke and butterfly.

*\*Child must pass preschool 2 or demonstrate prerequisites to progress to this level*

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## **Barracuda 1**

**5 years and older**

This class is for first time swim lessons participants. We will help students become familiar with the water while learning basic aquatic skills. We will encourage and develop positive attitudes and safe aquatics practices.

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## **Barracuda 2**

**5 years and older**

This class is for swimmers who are comfortable in the water, able to float on their back unassisted, and are confident going underwater and holding their breath. This level focuses on the swimmers development in swimming both backstroke and freestyle.

*\*Child must pass preschool 1, barracuda 1, or demonstrate prerequisites to progress to this level*

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## **Barracuda 3**

**5 years and older**

For swimmers who can already swim freestyle and backstroke several body lengths unassisted, can tread water for 1 minute or more, and can surface dive to the bottom of the pool unassisted. In this class swimmers will learn more advanced freestyle and backstroke techniques. Swimmers will also practice their deep water proficiency, and begin to learn the basics of breaststroke and butterfly.

*\*Child must pass preschool 2, barracuda 2, or demonstrate prerequisites to progress to this level*

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We reserve the right to move your child from the class you signed up for to one that is more developmentally appropriate. In addition, some levels may be combined to provide a more efficient class.

## **Barracuda 4**

### **5 years and older**

This class is for swimmers who are proficient in deep water, and can demonstrate by swimming 25 yards of both backstroke and freestyle, and can tread water for 1 minute or more. This class will focus on developing high level efficient swimming technique in freestyle and backstroke, while also teaching the fundamentals of breaststroke and butterfly.

\*Child must pass preschool 3, barracuda 3, or demonstrate prerequisites to progress to this level

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## **ICS: Intro to Competitive Swim**

### **6 years and older**

In this course swimmers will learn the skills necessary to prepare for joining a competitive swimming team. In this class, swimmers will refine all of their strokes in order to become more efficient in the water. Swimmers will also learn critical swim team skills such as reading the pace clock, training intervals, and competition rules.

\*Child must pass barracuda 4 to progress to this level OR demonstrate ability to swim 100 yards freestyle and backstroke, and 25 yards breaststroke and butterfly

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## **Gators**

### **Pre-teen group lesson**

This class is for beginners and non-swimmers who are older but may not have taken lessons before. Swimmers will learn basic aquatic safety skills and learn freestyle and backstroke mechanics. The goal of this course is to eventually prepare swimmers to move on to an advanced level group.

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## **Adult Lessons**

Adult lessons are for anyone wishing to learn to swim who may not have had the opportunity as a child. We will teach basic water safety techniques and focus on building comfort and confidence in and around the water. The goals of this class are to help participants gain the ability to safely enter and exit the pool, comfortably submerge underwater, and swim a length on both their front and back across the pool. **We do not offer advanced adult swim lessons - please consider joining our Masters Swim Team for more advanced training/instruction.**

We reserve the right to move your child from the class you signed up for to one that is more developmentally appropriate. In addition, some levels may be combined to provide a more efficient class.