



SCAN ME

# OCCOQUAN SWIM ACADEMY

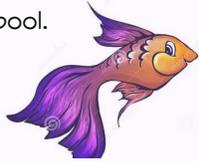
## Swim Like A Fish



We offer a variety of swimming lessons year-round for swimmers 3 years old and up. Whether starting to get comfortable in the water or moving onto more advanced skills, our 4 stage curriculum, small class sizes, and trained instructors provide a simple progression from learning foundational life-saving skills to competitive stroke techniques.

### Foundations

Participants of Foundations 1 and 2 learn thru a child-centered, activity-oriented approach, coupled with unique skill progressions to help build on their love of the water and learn to be safe in and around the pool.



#### Foundations 1

#### Foundations 2

**Breath**

Submerge; Blow bubbles; Gain breath control.

Front float w/ breath; Advanced breath control; Surface dive.

**Body**

Front float w/ head down (10 secs); Back float (10secs).

30 secs each of front & back float.

**Propulsion**

Kick w/ barbells.

10 yds kicking front & back.

**Safety**

Jump in, turn, & reach for wall.

Jump in w/ clothes on & swim back to wall.

### Intermediate

Participants learn how to swim the formal strokes of freestyle and backstroke with an introduction to the advanced skills of butterfly and breaststroke kick.



**Prerequisite**

Completion of Foundations 1 & 2.

**Breath**

Float sequence w/ breath; 5 yds kicking w/ breath held.

**Body**

Streamline kicks.

**Propulsion**

12.5 yds of basic freestyle & backstroke; 5 yds of fly kicks; Intro to breaststroke.

**Safety**

Tread water for 20 secs.

### Swim Strokes

Program is drill-oriented with unique skill progressions for developing swimmers who can cross the entire pool (25 yards).



**Prerequisite**

Completion of the Intermediate level.

**Breath**

Side breathing for freestyle.

**Body**

Side kicking; front wall push-off (ready position); 25 yds freestyle & backstroke.

**Propulsion**

12.5 yds breaststroke & butterfly.

**Safety**

Tread water for 30 secs; Surface dive & retrieve.

### High Skills Strokes

Participants learn the advanced skills of breaststroke and butterfly while developing and refining free style and backstroke.



**Prerequisite**

Completion of Swim Strokes level.

**Breath**

Breaststroke and butterfly breathing.

**Body**

Undulations for breaststroke and butterfly; Under water push-off on back.

**Propulsion**

50 yds freestyle; 12.5 yds breaststroke & butterfly.

**Safety**

Tread water for 60 secs.

For more information: <https://www.teamunify.com/team/pvos/page/lesson-registration/learn-to-swim>

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