

Dunsinane Swim Lesson Descriptions

Beginner: This course is designed for children who are new to the water and want to learn the basics of swimming. In this course, the child will learn how to submerge under water, blow bubbles, kick with a board, float on his/her back and start to swim freestyle. The child will also learn how to jump in the water from the side of the pool with assistance from the instructor. At the end of the course, the child will have the option to jump off the diving blocks and/or diving board with assistance from the instructor. Children will be kicking and swimming with the assistance of the instructor until the child feels comfortable enough to try kicking or swimming alone. The instructor will never leave the child's side.

Intermediate: This course is designed for swimmers who have successfully completed the beginner course with the recommendation from the instructor for the child to move up, or swimmers who have a basic knowledge of swimming freestyle without assistance from an instructor. Intermediate swimmers will learn to swim freestyle, master floating on their backs, learn streamline and kicking with streamline, swim backstroke, and begin to learn the basics of breaststroke and butterfly. Swimmer in this class will alternate in the swimming the shallow and competition pool. They will also learn how to jump and dive off the starting blocks and/or diving board, either with the assistance of the instructor or by themselves.

Advanced: This course is designed for swimmers who have completed the intermediate class with the recommendation from their instructor to move up, or the swimmer is very comfortable in water and knows how to swim freestyle and backstroke without assistance from an instructor. In this course, the swimmer will refine his or her freestyle and backstroke to swim more efficiently. They will also learn how to swim breaststroke and butterfly and how to dive from the side of the pool and diving board by themselves. Depending on the skill level of the class, the swimmer will be able to dive off the blocks, kick with streamline, and swim the length of the pool. This class will be taught in the competition pool and diving well.