

2019 Stingray Learn-To-Swim Program

<u>2019 Stingray Learn-To-Swim Program Goals</u>	
<p><u>Group 1: Starfish</u></p> <ul style="list-style-type: none"> • Pool safety • Face in water and blow bubbles • Back float with assistance • Front float & kick with assistance • Arm introduction for forward crawl • Jump into shallow water with help <p>** Class takes place on the steps</p>	<p><u>Group 2: Minnows</u></p> <ul style="list-style-type: none"> • Pool safety • Submerge to touch the bottom of 3ft. • Back float with kick • Front float with kick • Flutter kick • Introduction to forward crawl • Jump and return in shallow water • Jump into deep water <p>**Class takes place in 3 ft.</p>
<p><u>Group 3: Otters</u></p> <ul style="list-style-type: none"> • Pool safety • Treading • Jump in deep water and swim • Submerge and retrieve items from deep water • Sitting/kneeling dive • Beginning alternate breathing • Beginning freestyle 15 meters • Beginning backstroke 15 meters • Jump feet first and swim 15 meters <p>**Class takes place in the 4 ft.</p>	<p><u>Group 4: Sharks</u></p> <ul style="list-style-type: none"> • Submerge to touch bottom of 9 ft. • Treading • Forward crawl unassisted full length • Alternate breathing • Backstroke and Elementary Backstroke unassisted full length • Introduction to breaststroke and butterfly • Standing dive <p>**Class takes place in the deep well (swimmers who pass this class are ready for swim team.)</p>
<p>The instructors reserve the right to move a student up or down according to their proficiency. Accommodations can be made for older aged beginner swimmers. Please email us with any concerns.</p>	
<p>In the event of inclement weather, we will make every effort to hold lessons. Swimmers safety is our top priority. Lessons will only be cancelled if weather prohibits swimmers in the pool (ie. lightning, extremely heavy rain). We will notify families of all cancellations on our Facebook page and through email. The second Friday in the session is reserved for a makeup class if needed.</p>	

Lessons are held at the Westminster Municipal Pool Monday through Thursday.

Swimmers are instructed according to their individual abilities and needs.

Classes are limited to 6 students each.

For more information, email wststingrays@gmail.com