

What is SwimAmerica? Swim America is a self-paced, goal-oriented and technique-based program. We teach with the most effective methods known, using a progression developed by the nation's top swim coaches. Children move at their own pace from one skill station to the next. Teacher to student ratio is 1:6 (or less) for school age classes and 1:5 (or less) for preschool classes.

When are the Fall Sessions & how much? Held on Tuesday & Thursday at Brookings High School

Classes are offered from 5:40-6:10 & 6:15-6:45

Session 1 Sept. 26 – Oct. 19 (4-weeks) Cost \$60

Session 2 Oct. 24 – Nov. 21 (4-weeks) Cost \$60

Session 3 Dec. 5 – Dec. 21 (3-weeks) Cost \$45

There will also be Sessions held in the Winter-Spring (January – May).

What programs are offered? This fall, we offer a Preschool Class (3-5 years), a School Age Class (5-13 years), and a 'new' Team Prep class for advanced swimmers.

Never done a Swim America class before? How do you know what level my child will be in? On the first day of the session, the instructors will complete a skill evaluation on all new school age students. The student will then be placed in the appropriate skill level class.

How do I register for SwimAmerica? Go to ww.brookingswimclub.com, click Swim America tab, Click Register, follow prompts. If problems, email swimamerica@brookingswimclub.com

Brief Descriptions of SwimAmerica Levels: There are 10 levels. Each level has skills to be learned as well as advancement goals. Advancement Goals can be found on the back of your child's certificate. Once a swimmer achieves a levels advancement goals, we will move them to the next level throughout a Session.

Station 1: gradual water adaptation, breath holding & release, blowing bubbles, wall bobs with bubbles and air exchange

Station 2: front float and recover, front glide and recover, back float and recover, back glide and recover, streamline bobs

Station 3: front kick, glide and recover; back kick, glide and recover; dolphin kick, glide and recover

Station 4: side-glide-kick, front crawl arm stroke, somersaults forward & back, rollovers (front to back and back to front)

Station 5: crawl stroke with breathing, back crawl stroke, double somersaults, handstand

Station 6: tread water, diving (sitting, kneeling and standing), extended freestyle swimming

Station 7: breaststroke kick, breaststroke swim, butterfly arms, butterfly swim

Station 8: freestyle with bilateral breathing, turns

Station 9: sidestroke kick, sidestroke swim, elementary backstroke

Station 10: extended swimming and technique refinement in all major strokes and turns

Team Prep: For swimmers in Levels 5-10, who are interested in swimming competitively and be more challenged. The goal is to "prep" them for swim club. Advancement stickers will be issued once they have achieved a Levels' criteria. Swimmers wanting to compete, must join USA Swimming (\$65 annual fee).

Team Prep swimmers will:

- * Swim 50-yards of freestyle & backstroke without stopping
- * Kick 50-yards on their front and back
- * Practice drills to perfect stroke technique
- * Learn dolphin kick for butterfly
- * Build endurance to prepare to swim more yardage at a time without stopping for freestyle and backstroke
- * Learn flip turns for freestyle & backstroke, including stroke counting from flags for backstroke turns
- * Master side-breathing on freestyle
- * Learn racing starts
- * Learn breaststroke kick