

WHAT WE TEACH:

Stated are requirements, listed are what swimmers will achieve!

STROKE SCHOOL:

Ages 12 & under, Ages 13 & up

Required: Legal in all 4 strokes for 25 yards.

1. Swim proficiently 50 yards or more in all 4 strokes.
2. Improvement in racing starts, relay starts, flip turns, open turns and racing finishes.
3. UNDERWATER VIDEO ANALYSIS: In-depth analysis of each swimmer's technique in all 4 strokes.
4. Understanding the nature of water and how to build a race!

PARENT & CHILD - Preschool:

Parents will be in the water with their child and instructors. Parents will learn how to teach their children the skills learned in our Q1 beginner class.

ADULT LEARN TO SWIM & INTERMEDIATE

Beginners learn the fundamentals of free, back and breaststroke. Intermediates learn butterfly as well.

Underwater video analysis and variety of drills help teach the nature of water.

Overcome old fears, replace them with new skills! Learn to swim efficiently for lifelong fitness and competition!

INTERMEDIATE: Level 1

Required: Swim 25 yards freestyle and backstroke.

1. Improve rhythmic breathing, balance, length of vessel and core rotation over 50 yards free and backstroke.
2. Open turns, explosive backstroke starts and crouching dives.
3. Legal breaststroke kick, fundamental butterfly.
4. Skull, tread water, vertical kick.

INTERMEDIATE: Level 2

Required: Swim 25 yards freestyle and backstroke; legal breaststroke kick.

1. Learn whole stroke of butterfly and breaststroke.
2. Improve rhythmic breathing, balance, length of vessel and core rotation over 50 yards freestyle and backstroke, and 25 yards breaststroke and butterfly.
3. Fundamentals of free and back flip turns, breaststroke, butterfly and IM open turns.
4. Racing dives from blocks or side, controlling depth.

PRIVATE & SEMI-PRIVATE

LESSONS: Customized scheduling. Call Nancy Sobeck: 804-739-3454, x 4107, or questswimlesson@woodlakeonline.com

BEGINNER: Q1 (approx. 2 to 4 years old)

Required: no goggles.

1. Comfortably put face in water and blow bubbles.
2. Float on front and back, with or without assistance.
3. Push off in water to the instructor and push from instructor back to wall.
4. Jump in to instructor from side and blow bubbles.
5. Knowledge of pool rules and water safety.

BEGINNER: Q2 (approx. 4 to 6 years old)

Required: Put face in water comfortably and blow bubbles.

1. Breath control for 5 bobs.
2. Independent front and back float.
3. Independent kicking on back for 10 yards.
4. Independent paddling on front for 10 yards with 3 pop-up breaths.
5. Streamline to instructor.

BEGINNER: Q3 (approx. 5 to 7 years old)

Required: Independent movement 10 yards on front and back breathing rhythmically.

1. Breath control for 8 bobs.
2. Back balance paddling for 25 yards.
3. Front balance paddling for 25 yards with pop-up breaths.
4. Jump in and go to a back float assisted.
5. Step dives from platform.

BEGINNER: Q4 (approx. 5 to 9 years old)

Required: Front and back balance paddling for 25 yards.)

1. Breath control for 10 bobs.
2. Swim 25 yards free and back with rhythmic breathing and balance.
3. Jump in and go to a back float unassisted.
4. Scull and tread water with assistance.
5. Kneeling dives from side.