



## Swim America Lessons with SWAT



SWAT (Sweetwater Aquatics Team) is excited to offer lessons using the Swim America program to prepare your child for the exciting world of competitive swimming! Swimming Lessons are located in the Aquatic Center at the Green River High School. SWAT is primarily a volunteer based club composed of parents who want to see their children have fun and succeed!

### Sessions:

Each session is three (3) weeks long, Monday, Tuesday, Wednesday (days are subject to shift based on availability of pool).

**Class times:** Class times vary depending on on pool availability

- Level 1-3 are 30 min duration.
- Level 4 is 45 min duration

\*Please note: Class times are subject to change between sessions. You will be notified before the next session\*

### Cost:

\$35 yearly registration fee per swimmer

Level 1- \$40/session

Level 2&3- \$45/session

Level 4- \$50/session

**Age:** 7 and up

**Class sizes:** Classes are typically 4:1 or 6:2 student to instructor ratio. Level 4 can be up to 5:1.

**Wait list-** We currently have a wait list for all levels. Please use the google form in the lessons section of our website to get your child placed on the waitlist. When a spot is available, we will contact you.

**Level 1-** This is our beginner class, where the focus is for kids to learn to be comfortable in the water.

#### Skills they will learn:

Proper breathing and blowing bubbles

Controlled bobs

Float on back and stomach

Roll from front to back

Streamline

Push off wall in streamline on front and back

Flutter kick

Streamline front and back

**Level 2-** The focus is for kids to apply the skills from level 1 to learn the Freestyle and Backstroke.

#### Skills they will learn:

**Freestyle-**

Flutter kick  
Arm strokes  
Breathing every three (3) strokes  
Freestyle 25 yards

**Backstroke-**

Flutter kick  
Streamline  
Arm strokes  
Backstroke 25 yards

**Level 3-** The focus is for kids to learn the Breaststroke and Butterfly.

Skills they will learn:**Breaststroke**

Whip kick  
Arms  
Breathing  
Head position  
Breaststroke 25 yard

**Butterfly-**

Dolphin kick  
Breathing  
Arms  
Butterfly stroke 25 yards

**Level 4-** The focus is to transition swimmers from lessons to the Copper 1, which is the first group on the SWAT competitive team. Class is 45 min in the deep pool only, and will help swimmers to refine their stroke techniques, build endurance, and learn the basics of starts and turns. It is a big jump to one hour practices in Copper 1, versus the 30 min lessons with shorter distances. We want them to be conditioned and feel confident before moving on to Copper.

**Parent Involvement-** Swim America suggests parents are not present in the same room during class time. We ask that parents wait out in the lobby, hallway, or car. While it is ok to leave during lessons, it is important for parents to be involved in the lessons process as a whole.

- **How can you be involved in swimming lessons?**
  - After class, ask your child what they learned, have them demonstrate new skills, keep up on progress with the instructor, communicate with the lessons coordinator, and encourage your child to try their best during lessons.

**Communication-** Our main form of communication when relaying information to parents is **email**. It is important that you check your email often and watch for updates. Please add team unify to your favorites to ensure they do not go to your spam folder.

**\*\*Phone numbers for SMS (text) are required!\*\***

Once you have added your number and saved, click on the yellow “unverified” box above your phone number. You will receive a code to enter for your number to be verified.