

# Take the plunge! Learn to swim.



## Why take swim lessons?

Swimming is a fun form of exercise for people of all ages. It also has many healthy, life-long benefits! Swimming can enhance the cardiovascular system, posture, muscle strength, coordination, flexibility and endurance. Additionally, water safety skills are taught during swim lessons.

## What lessons are best for you?

**Private Lessons:** Individualized, 1-on-1 swim sessions focusing on specific skills

**Semi-Private Lessons:** Two participants work to improve swim skills together

**Group Lessons:** Student-to-instructor ratios vary dependent upon age and swim ability. There are 9 instructional skill levels. Group lessons are offered quarterly. Fall, winter and spring group lessons are 6-weeks in duration with swimmers meeting once per week. The summer session is 3-weeks in duration; swimmers meet twice per week. All lessons are 30-minutes.

## How do I determine a swim level?

Use the Skill Level Descriptions and Development Goals to help determine the appropriate level. Instructors work with the swimmer to develop the listed strokes. Once a level is mastered, the child is ready to move to the next level.

## How do I register?

Registration can be completed through the Member Portal, accessible through the Madonna Wellness Club website or completed in person at the front desk.

## Skill Level Descriptions and Development Goals

### Bobbers

An introduction to water, parents work with their little one through water exploration and play. Development Goals: Safely develop a water comfort zone; proper infant handling; floating techniques; rudimentary stroke. Student to Instructor Ratio – 8:1

### Shrimp (Level I)

Child becomes more comfortable in water. They kick, paddle and float with assistance. Development Goals: Enter/exit pool; jump in; bobbing of chin, nose, eyes, and head; push off wall; kick on front and back with assistance; circle arms; assisted floating. Student to Instructor Ratio – 3:1

### Seahorse (Level II)

A bridge between water introduction and basic front crawl stroke, the focus is on independence in water including: floats, glides and treading. Perfect for kids who are not frightened but do not have the confidence or strength to swim independently. Development Goals: Enter/exit pool; jump in; push off wall independently; bob 5 times consecutively; forward movement; independent front and back float. Student to Instructor – Ratio 4:1

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### **Starfish (Level III)**

Child can swim 10 feet alone. They continue developing basic front and back crawl and expand their water safety knowledge. Development Goals: Jump in independently; bob under water 10 times; push off wall 5 feet on front and back without assistance; kick on front and back with kickboard; independently float on front and back for 5 seconds; front and back crawl for 10 feet without assistance; tread water for 10 seconds.

Student to Instructor – Ratio 4:1

### **Jellyfish (Level IV)**

Child increases their coordination and swim distance. Focus is on refining front and back crawl movements and rhythmic breathing. New kick techniques are introduced. Child enhances their ability to tread water. Student to Instructor – Ratio 5:1 Development Goals: swim underwater for 10 feet; retrieve objects from pool bottom; independently front and back float for 10 seconds; front and back glide for 10 feet; front and back crawl for 20 feet; tread water for 20 seconds; whip kick for 10 feet; dolphin kick for 10 feet; elementary back stroke.

### **Stingray (Level V)**

Techniques to improve coordination, breathing skills and different kick performances is enhanced. A goal is to increase muscle strength and endurance allowing students to swim a full length of the pool by efficiently using all stroke styles. Student to Instructor Ratio – 5:1 Development Goals: Front and back float for 30 seconds; front and back crawl for 25 yards with rhythmic breathing; swim underwater for 15 feet; whip kick for 25 yards with kickboard; swim with breast stroke; dolphin kick for 25 yards; scissor kick with kickboard; open turn; tread water for 30 seconds.

### **Dolphin (Level VI)**

Child enrolled in this class should already be able to effectively swim a full length of the pool using front and back strokes. Breathing and “S pull” techniques are refined. Child learns open turns to aid in continuous swimming and transitioning from one stroke to another. Student to Instructor Ratio – 6:1

Development Goals: Front and back crawl with rhythmic breathing for 50 yards; elementary back stroke for 50 yards; breast stroke for 25 yards; swim with butterfly stroke; side stroke for 25 yards; survival float for 1 minute; front approach flip turn; reaching assist.

### **Piranha (Level VII)**

This class increases the distance at which the child can swim with ease, including work with flip turns. One of the biggest milestones is continuously swimming for five minutes. Breaststroke and sidestroke skills are refined. Student to Instructor Ratio – 6:1 Development Goals: Front and back crawl with rhythmic breathing for 100 yards; breast stroke for 50 yards; butterfly stroke for 50 yards; individual medley for 25 yards each of back, breast, fly and freestyle strokes; endurance swim for 5 minutes; front and back approach flip turn; tread water for 3 minutes; reaching assist.

### **Tigershark (Level VIII)**

This class is designed as a precursor to swim team atmospheres. Children come to class ready to work hard. Dolphin kick is refined and the endurance swim is increased to ten minutes of continuous swimming. Student to Instructor Ratio – 6:1 Development Goals: Front and back crawl with rhythmic breathing for 200 yards; breast stroke for 100 yards; butterfly stroke for 50 yards; individual medley for 50 yards each of back, breast, fly and freestyle strokes; endurance swim for 10 minutes; tread water for 5 minutes; reach/throw assist.

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