

# **2017 DRA Swim Lessons**

Fees: Per Session \$40 DRA member - \$60 Non-Member

## **Aqua Tots (ages 2-3 typically) – Must be at least 2 years old**

Blowing Bubbles

Getting face and eyes wet

Kicking with kickboard (assisted)

Belly Float (assisted)

Back Float (assisted)

Simple pool games

**\*\*Overall goal is to get comfortable being in the water\*\***

## **Pre-Beginner (4-5 year olds)**

Front Crawl with assistance (kickboard & noodles)

Back Crawl with assistance (noodles)

Breathing Practice

Kicking with Kickboard (independent)

Entering water from the side- jumping

Swimming to bottom of pool to retrieve toy

## **Beginner A (5-6 year olds)**

Freestyle independently

Breathing to the side while swimming

Backstroke independently

Introduction to “diving” (sit dives)

Jumping into deeper water

Swimming to bottom of pool to retrieve toy

## **Beginner B (6-8 year olds)**

Longer Distances of Freestyle/Backstroke Practice – work on stroke techniques

Side breathing technique

Diving into well

Beginning breaststroke concepts

Swimming to an object in the pool to retrieve objects

## **Advanced and Intermediate**

These two classes teach “advanced” strokes, diving etc. Similar to a stroke and turn clinic.

Session I     June 19-June 30

Session II    July 3-July 14

Session III   July 17-July 28

**Session IV July 31- Aug 11**

**\*Each Session has classes: (9-9:30, 9:30-10, 10-10:30, 10:30-11) AM**