

## **STARFISH - Level 0**

### **Requirements**

- 8 months to 2 1/2 years old,  
Accompanied by Parent

### **Skills**

- Comfort in water with Instructor
- Fully submerge face and body
- Experience buoyancy & Bubble blowing
- Supported kicking on front & back
- Survival flotation on back



## **JELLYFISH - Level 1**

### **Requirements**

- Restroom Proficient (potty trained)

### **Skills**

- Enter & exit water independently
- Fully submerge face
- Experience buoyancy
- Supported float on front & back
- Bubble blowing
- Supported kicking on front & back
- Jump to instructor from pool side



## **MINNOW - Level 2**

### **Requirements**

- Proficiency in & successful completion of Level 1

### **Skills**

- Hold breath and fully submerge head - 3 seconds
- Underwater bubble blowing, fully submerge head - 3 sec.
- Wall bobs, fully submerging head in succession - 5 times
- Front & back float unsupported & recovery - 5 seconds
- Flutter kick on front & back with kickboard, 10 yards
- Arm strokes at wall
- Jump into deep water with life-jacket, unassisted



## **TROUT - Level 3**

### **Requirements**

- Proficiency in & successful completion of Level 2

### **Skills**

- Retrieve object from pool bottom, eyes open, no support
- Open water bobs, submerging head completely - 10 times
- Back float with locomotion, elementary stroke & kick
- Side-breathing mechanics
- Coordinate Crawl stroke - 10 yards
- Jump into deep water from pool side, recover to back float for 5 seconds, unassisted



## **SALMON - Level 4**

### **Requirements**

- Proficiency in & successful completion of Level 3

### **Skills**

- Front & back crawl - 25 yards
- Sculling on back
- Elementary back stroke - 10 yards
- Scissor kick & Whip kick
- Sidestroke coordination
- Treading water - 1 minute
- Diving—shallow, from kneeling and standing position



## **SHARK - Level 5**

### **Requirements**

- Proficiency in & successful completion of Level 4

### **Skills**

- Front & Back crawl - 25 yards
- Elementary backstroke & Side stroke - 25 yards
- Whip kick & Dolphin kick with kickboard - 25 yards
- Breaststroke coordination - 10 yards
- Butterfly coordination - 10 yards
- Underwater swim - 10 yards
- Treading water - 2 minutes



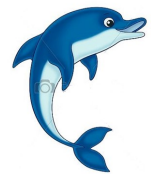
## **DOLPHIN - Level 6**

### **Requirements**

- Proficiency in & successful completion of Level 5

### **Skills**

- Front & back crawl - 50 yards
- Elementary backstroke - 50 yards
- Sidestroke - 50 yards
- Breaststroke - 25 yards
- Butterfly - 25 yards
- Diving - long shallow / competition start
- Underwater swim - 25 yards
- Treading water - 5 minutes
- Continuous swim - 400 yards, any combination of strokes



# Fall Swim Lessons



## Group Session 1

▶ **Sept 13<sup>th</sup> - Oct 13<sup>th</sup>**

▶ **Tuesday & Thursday: 4PM - 6PM**

## Group Session 2

▶ **Oct 18<sup>th</sup> - Nov 17<sup>th</sup>**

▶ **Tuesday & Thursday: 4PM - 6PM**

## Group Session 3

▶ **Nov 22<sup>nd</sup> - Dec 22<sup>nd</sup>**

▶ **Tuesday & Thursday: 4PM - 6PM**



**25**  
minute lessons

Swim Lesson Fees		Annual Registration
<b>Private Lessons</b>	<b>\$100 / 4 x @ 30 min</b>	<b>Individual: \$40</b>
<b>Group Session</b>	<b>\$100 / 5 wks / 2 x wk</b>	<b>Family: \$65</b>
	<b>\$120 potential member</b>	<b>REGISTRATION DEADLINE</b>
	<p><b>\$20/40 may be applied toward CNW membership.</b></p> <p><b>*January 1, 2017 Potential Member Fee Increase: Group Session: \$140</b></p>	<p><b>Session 1: Sept 8th</b></p> <p><b>Session 2: Oct 13th</b></p> <p><b>Session 3: Nov 17th</b></p>

▶ **Contact Tim Maxwell at 541-955-CLUB ext-353 or [tim@clubnw.com](mailto:tim@clubnw.com)**