

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



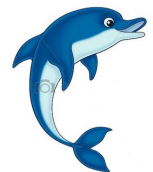
DOLPHIN - Level 6

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



Spring Swim Lessons



Group Session 1

▶ **April 4th - May 4th**

▶ **Tuesday & Thursday: 4PM - 6PM**



25
minute lessons

Group Session 2

▶ **May 9th - June 8th**

▶ **Tuesday & Thursday: 4PM - 6PM**

SCHOOL IS OUT: JUNE 15TH
(GP School Dist.7)

Swim Lesson Fees		Annual Registration
Private Lessons Members: \$100 *Potential Members: \$120	4 lessons / 25 min each	Individual: \$40 Family: \$65
Group Session Members: \$100 *Potential Members: \$140	5 weeks / 2 x week	REGISTRATION DEADLINE Session 1: Mar 30th Session 2: May 4th
{ Potential Members may receive special incentive for club membership. See Aquatics Coordinator for details. }		

▶ **Contact Tim Maxwell at 541-955-CLUB x.353 -or- tim@clubnw.com**