

# Kachemak Swim Club

## Novice Program Summer 2021



### **Aelvin (Learn to swim) Ages 6-12**

Just as the Aelvin is the first stage of a Salmon's life cycle, this group is the start for swimmers in the KSC program. Swimmers in the group fall into the following categories:

- Swimmer is between 6 and 12 years of age.

- Swimmer is unable to swim independently on the front 10 yards.

- Swimmers is unable to float independently on the back 10 seconds.

### **Fry (Advance Learn to swim) Ages 6-12**

The second stage of a salmon's life cycle is the Fry stage, and the second stop for swimmers in the KSC program. Swimmers in the group will need to have completed the Aelvin class or fall into the following categories:

- Swimmer is between 6 and 12 years of age.

- Swimmer CAN swim independently on the front 10 yards.

- Swimmer CAN float independently on the back 10 seconds.

### **Parr (Freestyle and Backstroke) Ages 6-12**

The third stage of a salmon's life cycle is the Parr stage, and the third stop for swimmers in the KSC program. Swimmers in the group will need to have completed the Fry class or fall into the following categories:

- Swimmer is between 6 and 12 years of age.

- Swimmer CAN swim independently on the front with over water recovery and rhythmic breathing for 12 yards.

- Swimmer CAN kick on back independently 12 yards.

### **Smolt (Butterfly and Breaststroke) Ages 6-12**

The fourth stage of a salmon's life cycle is the Smolt stage, and the fourth stop for swimmers in the KSC program. We break this stage into two separate steps to teach swimmers the basics of the butterfly and breaststroke. Swimmers in the group will need to have completed the Parr class or be evaluated by an instructor for placement in this group.

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### SUMMER SCHEDULE:

#### Session 1 June 1 - June 10 (No lesson May 31)

**Aelvin (Learn to swim)** - Monday - Thursday 1:30 - 2:00 (Cost \$75)

**Fry (Advance learn to swim)** - Monday - Thursday 2:05 - 2:35 (Cost \$75)

**Parr (Freestyle and Backstroke school)** - Monday - Thursday 2:40 - 3:10 (Cost \$75)

**Smolt (Butterfly and Breaststroke school)** - Monday - Thursday 3:15 - 4:00 (Cost \$85)

#### Session 2 June 14 - June 24

**Aelvin (Learn to swim)** - Monday - Thursday 1:30 - 2:00 (Cost \$80)

**Fry (Advance learn to swim)** - Monday - Thursday 2:05 - 2:35 (Cost \$80)

**Parr (Freestyle and Backstroke school)** - Monday - Thursday 2:40 - 3:10 (Cost \$80)

**Smolt (Butterfly and Breaststroke school)** - Monday - Thursday 3:15 - 4:00 (Cost \$90)

#### Session 3 June 28 - July 8 (No lesson July 5)

**Aelvin (Learn to swim)** - Monday - Thursday 1:30 - 2:00 (Cost \$75)

**Fry (Advance learn to swim)** - Monday - Thursday 2:05 - 2:35 (Cost \$75)

**Parr (Freestyle and Backstroke school)** - Monday - Thursday 2:40 - 3:10 (Cost \$75)

**Smolt (Butterfly and Breaststroke school)** - Monday - Thursday 3:15 - 4:00 (Cost \$85)

#### Session 4 July 12 - July 22

**Aelvin (Learn to swim)** - Monday - Thursday 1:30 - 2:00 (Cost \$80)

**Fry (Advance learn to swim)** - Monday - Thursday 2:05 - 2:35 (Cost \$80)

**Parr (Freestyle and Backstroke school)** - Monday - Thursday 2:40 - 3:10 (Cost \$80)

**Smolt (Butterfly and Breaststroke school)** - Monday - Thursday 3:15 - 4:00 (Cost \$90)

#### Session 5 July 26 - August 5

**Aelvin (Learn to swim)** - Monday - Thursday 1:30 - 2:00 (Cost \$80)

**Fry (Advance learn to swim)** - Monday - Thursday 2:05 - 2:35 (Cost \$80)

**Parr (Freestyle and Backstroke school)** - Monday - Thursday 2:40 - 3:10 (Cost \$80)

**Smolt (Butterfly and Breaststroke school)** - Monday - Thursday 3:15 - 4:00 (Cost \$90)