



Hurricanes Learn to Swim

Goals

Advancement Skills

Tropical Storms

Designed for swimmers ages 3 and 4. Students will receive an introduction to the water. They will not only build confidence but they will start to learn the foundations of swimming. These skills will include submersion, short front floats, short back floats, kicking, and rolling over.

- 1. Relaxing in the water with the instructor and reaching for a toy
- 2. Places ear in the water, puts face in the water while blowing bubbles
- 3. 5 relaxed bobs
- 4. 3 second front float and 3 second back float

Category 1 Bubbles Beginner Lessons

Beginner lessons are designed for swimmers who are at least 5 years old. Beginner lessons include Categories 1-3. Swimmers will learn the foundations of swimming. You will see a lot of repetition as the swimmers move from an introduction to swimming into practicing skills

- Ten Relaxed Bobs

Category 2 Floats & Glides Beginner Lessons

- 5 seconds front glide and recover
- 5 seconds back glide and recover

Category 3 Kicking Beginner Lessons

- 15 feet streamline kick on front
- 15 feet streamline kick on back, arms at side

Category 4 Crawl Stroke Advanced Lessons

Advanced lessons are designed for swimmers at least 5 years old. These swimmers have mastered the stream line kick and can kick out 15 feet in a streamline position on their front and their back. They will continue to build on the foundations of swimming and develop both their freestyle stroke and their backstroke.

- 20 feet side glide and kick
- 20 feet crawl stroke no breathing (Streamline push-off + 6 kicks, add stroke)
- Sitting and kneeling dive

Category 5 Freestyle/Backstroke Advanced Lessons

- Freestyle with a minimum of 4 breathes (Must use proper technique)
- 25 yard freestyle swim
- 25 yard Backstroke Swim
- One minute treading water
- Compact Dive

DASH Swim Team

Once a student has achieved the advancement goals of Category 5 they are ready to join the DASH Swim Team.

Swimmers will continue to develop their skills and add additional skills through their time on the Swim Team. Swimmers will start in our pre-competition team, the Junior Hurricanes. This is an extension of the lesson program. They will continue to master skills in the freestyle and backstroke and add additional skills in the breaststroke and butterfly.

For more information on the DASH Swim Team go to www.teamdash.org



Hurricanes Learn to Swim

Dubuque Area Swimmin' Hurricanes

Aquatic Safety Rules

- Never Swim without a lifeguard or an adult present
- Know your limits
- Sit and slide into shallow water and/or cloudy water
- No running on pool deck
- No horseplay
- Wear a life jacket when boating