

WHAT MAKES OUR SWIM PROGRAM SO SPECIAL...

SMALL CLASS SIZE!

*Small class size is a very important factor to consider. Our Learn-to-Swim classes are exclusively limited to **only 4 students per instructor** for beginner levels, 5 for intermediate/advanced, and private instruction is available upon request! We offer highly individualized instruction for ages 6 months through adult... from Pre-School to Pre-Competition!*

EXCELLENT INSTRUCTORS!

Our instructors are carefully screened and trained with tons of experience in swimming. They have been hand-picked for their attributes in patience, nurturing, and ease in working with children, and adults. We regularly participate in professional development to improve our skills and offer a better learning experience for our students.

Calm Learning Environments!

We never have more than two classes in the lesson area at the same time and each small class is instructor run with lifeguards present. Parents are always welcome to sit comfortably in the pool seating area and observe your child's lesson.

CURRICULUM!

Our curriculum is based on the industry's highest standard in full compliance with The American Red Cross. We offer a variety of programs carefully tailored to the needs of various ages and levels of abilities, perfectly balancing learning with safety and fun. Our highly trained staff is dedicated to supporting the development of all our students using proven methodologies and a highly effective curriculum to also help students grow socially and physically.

FLEXIBLE SCHEDULING!

Choose your own schedule! Sharks Academy offers open-enrollment year-round on a month-to-month rolling basis! In conducting our program this way, we find it affords tremendous flexibility to both students and instructors! When we see the cues that tell us a student is ready for their next skill set or level of curriculum... we simply move them up! Our students' development is never constrained by a registration group.

SWIM LEVEL DESCRIPTIONS

BABY SHARKS: Parent & Child Aquatics: Ages 6-36 months

Baby Sharks Level 1

Prerequisite: 6 months-18 months

Baby Sharks Level 2

Prerequisite: 18 months-3 years

Course Description: A wonderful bonding experience for parent and child designed to give children an early foundation in aquatic fundamentals preparing the way for their advancement into learning to swim. Suggested Age Group: 6 Months – 36 months. In this program, participants:

- Learn various ways to enter and exit the water in a safe manner
- Feel comfortable in the water
- Explore submerging the mouth, nose, eyes, and completely submerging
- Explore buoyancy on the front and back positions
- Change body position in the water
- Learn how to play safely in water
- Experience wearing a US Coast Guard-approved life jacket
- Establish expectation for adult supervision
- Explore submerging in a rhythmic pattern
- Glide on the front and back with assistance

Pre-School Aquatics: AGES 3-5 years

Pre-School Level 1: Introduction to Water Skills

Course Description: Orients children to the aquatic environment and helps them gain basic aquatic skills.

- Activities include:
 - Enter and exit the water using ladder, steps, and the side
 - Blow bubbles through the mouth and nose
 - Completely submerge mouth, nose, and eyes
 - Open the eyes underwater and retrieve submerged objects
 - Front and back glides and recover to a vertical position
 - Back float and recover to a vertical position
 - Roll from front to back and back to front
 - Tread with arm and hand actions
 - Alternating and simultaneous arm actions on the front and back
 - Alternating and simultaneous leg actions on the front and back

Pre-School Level 2: Fundamental Aquatic Skills

Course Description: Helps children start to gain basic swimming propulsive skills to be comfortable in and around the water.

- Activities include:
 - Enter the water by stepping and jumping in
 - Exit the water using ladder, steps, and side
 - Fully submerge and hold the breath
 - Open eyes underwater and retrieve submerged objects
 - Bobbing (submerging in a rhythmic pattern)
 - Roll from front to back and back to front
 - Front, jellyfish, and tuck floats
 - Front & back float Front & back glide
 - Recover from a front or back float or glide to a vertical position
 - Change direction of travel while swimming on front or back
 - Tread water using arm and leg actions
 - Combined arm and leg actions on front and back
 - Finning arm action on back

Pre-School Level 3: Stroke Development

Course Description: Helps children start to further develop basic swimming propulsive skills to be more comfortable in and around deeper water.

- Activities include:
 - Enter the water by stepping and jumping in
 - Exit the water using ladder, steps, and side

- Fully submerge and hold the breath
- Open eyes underwater and retrieve submerged objects
- Bobbing (submerging in a rhythmic pattern)
- Roll from front to back and back to front
- Front, jellyfish, and tuck floats
- Front & back float Front & back glide
- Recover from a front or back float or glide to a vertical position
- Change direction of travel while swimming on front or back
- Tread water using arm and leg actions
- Combined arm and leg actions on front and back
- Finning arm action on back

Age Group Aquatics: Ages 5-8

Level 1 - Introduction to Water Skills

Course Description: Helps participants feel comfortable in the water as they begin to learn to swimming fundamentals.

- Enter and exit water using ladder, steps or side
- Blow bubbles through mouth and nose
- Bobbing (submerging in a rhythmic pattern)
- Open eyes under water and retrieve submerged objects
- Front and back glides and floats
- Recover to vertical position
- Roll from front to back and back to front
- Tread water using arm and hand actions
- Alternating and simultaneous leg actions on front and back
- Alternating and simultaneous arm actions on front and back
- Combined arm and leg actions on front and back

Level 2 - Fundamental Aquatic Skills

Course Description: Gives participants success with fundamental skills as they gain independence from flotation aids.

- Enter and exit water by stepping or jumping from the side
- Fully submerge and hold breath, bobbing
- Open eyes under water and retrieve submerged objects
- Front, jellyfish and tuck floats
- Front and back glides and floats, recover to vertical position
- Roll from front to back and back to front
- Change direction of travel while swimming on front or back
- Tread water using arm and leg actions
- Combined arm and leg actions on front and back
- Finning arm action

Level 3 - Stroke Development

Course Description: Builds on the skills in Level 2 through additional guided practice in deeper water and begin to develop recognizable strokes

- Enter water by jumping from the side
- Bobbing while moving toward safety
- Rotary breathing
- Survival float
- Back float
- Change from vertical to horizontal position on front and back
- Tread water
- Flutter, scissor, dolphin and breaststroke kicks on front
- Front crawl and elementary backstroke
- Swim under water
- Feet first surface dive
- Front crawl and backstroke open turns
- Tread water using 2 different kicks
- Survival Swimming
- Front and back crawl, elementary backstroke, breaststroke, sidestroke and butterfly
- Flutter and dolphin kicks on back

Youth Aquatics: Ages 8-12

Level 1 - Introduction to Water Skills

Course Description: Helps participants feel comfortable in the water as they begin to learn to swimming fundamentals.

- Enter and exit water using ladder, steps or side
- Blow bubbles through mouth and nose
- Bobbing (submerging in a rhythmic pattern)
- Open eyes under water and retrieve submerged objects
- Front and back glides and floats
- Recover to vertical position
- Roll from front to back and back to front
- Tread water using arm and hand actions
- Alternating and simultaneous leg actions on front and back
- Alternating and simultaneous arm actions on front and back
- Combined arm and leg actions on front and back

Level 2 - Fundamental Aquatic Skills

Course Description: Gives participants success with fundamental skills as they gain independence from flotation aids.

- Enter and exit water by stepping or jumping from the side
- Fully submerge and hold breath, bobbing
- Open eyes under water and retrieve submerged objects
- Front, jellyfish and tuck floats
- Front and back glides and floats, recover to vertical position
- Roll from front to back and back to front
- Change direction of travel while swimming on front or back

- Tread water using arm and leg actions
- Combined arm and leg actions on front and back
- Finning arm action

Level 3 - Stroke Development

Course Description: Builds on the skills in Level 2 through additional guided practice in deeper water and begin to develop recognizable strokes

- Enter water by jumping from the side
- Bobbing while moving toward safety
- Rotary breathing
- Survival float
- Back float
- Change from vertical to horizontal position on front and back
- Tread water
- Flutter, scissor, dolphin and breaststroke kicks on front
- Front crawl and elementary backstroke
- Swim under water
- Feet first surface dive
- Front crawl and backstroke open turns
- Tread water using 2 different kicks
- Survival Swimming
- Front and back crawl, elementary backstroke, breaststroke, sidestroke and butterfly
- Flutter and dolphin kicks on back

Pre Competitive Program-Great White Sharks

Course Description: Refines the strokes so participants swim them with ease, efficiency, power and smoothness over greater distances. Provides further coordination and refinement of strokes.

- Shallow-angle dive from the side then glide and begin a front stroke
- Tuck and pike surface dives, submerge completely
- Front flip turn and backstroke flip turn while swimming
- Front and back crawl, elementary backstroke, breaststroke, sidestroke and butterfly

Adult/Youth Private Lessons

Class Length: 30 minutes

Prerequisite: None

Course Description: The instructors will customize the program based on the participants' abilities and personal goals. Some examples may include: