

# PIRANHA SWIM LESSONS AND STROKE SCHOOL

[www.swimppst.org](http://www.swimppst.org)

**This is the general program information. For the details of the session, please see the other document. That will give you the exact dates, times and prices for each class. If you have any questions, please contact us [teamswimppst@gmail.com](mailto:teamswimppst@gmail.com)**

**Dates For All Three Programs:** Spring and Fall session are 8 weeks. Summer and winter sessions vary.

## **Lessons**

Piranha Swim Lessons are a learn to swim program developed to help children become comfortable in the water; and with practice and commitment these children will learn the skills to enjoy a variety of aquatic activities. The children will be evaluated and placed in groups based on their current ability level. Progression will be determined by the Lesson Coordinator as the swimmers develop their abilities and comfort level in the water. All children learn at different speeds and have their own fears when it comes to being in the water. Skills will range from water introduction, body balance in the water, kicking skills, to full stroke progression. Each group will focus on a set of skills, which will build into the next group level. Swimmers will repeat and practice their skills for their instructors and the lesson coordinator. The lesson coordinator will advance the swimmers once they feel the swimmer is ready for the next step. It is our goal to have movement through the different groups to keep your swimmers learning and having fun.

## **Stroke School**

Piranha Stroke School is an extension of the lesson program. Stroke School is designed to help keep our young swimmers in the water who are not ready for the team or are not interested in the competitive team. This group will break down the strokes through drills and increase endurance through small sets of swimming. It will work on starts and turns for all of the competitive strokes. We offer two different stroke school classes. Please specify the M/W class or the T/Th class when signing up.

## **Advanced Stroke School**

This group will be for those swimmers who are advancing through our regular stroke school, but are not ready for the team or are not interested in the commitment. This group will be more advanced than our regular stroke school and will offer more endurance work along with more progression into the drills and swimming skills.

Advanced Stroke School and T/Th Stroke School will meet on Tuesday and Thursday.

**Location:** JW Middle School Pool, Princeton NJ

Payment must be received before the start of class. Swimmers will not be put in a group without full payment and registration online. Cash or check made payable to Princeton Piranhas Swim Team. We do not currently accept credit cards for lessons/SS.

**How to sign up:**

**Returning Students:** You need to login to your parent portal and register your swimmer for the timeslot that you prefer. You will then mail in your check payment. Once the check is received, I will confirm your class and your timeslot.

**New Participant Registration:** You need to register your family through the online system by going to the Lessons and Stroke School Tab on our website. [www.swimppst.org](http://www.swimppst.org) Once you have registered your family, sign your swimmer up for the new student evaluation class. Once you have done that, you will get an email with an evaluation slot. You can bring your payment with you. Once you are evaluated, if there is space you will confirm sign up for that class at the evaluation.

Each participant must attend an evaluation session to determine which class would best fit the swimmer before the start of lessons. This will allow the swimmers to begin learning the first day with minimal movement of groups. Group sessions will be set up based on pool availability and group sizes to provide each swimmer with the best opportunity to learn. Please be aware your child may move into the other session upon skill progression.

**\*\*If your swimmer participated in our program within the past year- they do not need to be evaluated- we know which group your swimmer belongs in and we will put them in that group. If it has been over a year since your child has been part of our program, they need to be evaluated again.\*\***

Please check the website for evaluation dates and instructions. [www.swimppst.org](http://www.swimppst.org)

Questions should be directed to Julie Meirs ([teamswimppst@gmail.com](mailto:teamswimppst@gmail.com)) or (609) 371-2065

**Lesson and Stroke School Particulars:**

- All classes are 25 minutes long for lessons and 55 minutes for Stroke School and Adv SS
- The swimmer to instructor ratio will be kept low to ensure individual attention
- Children must be able to listen and wait their turn
- Parents are asked to bring their swimmer to the door 5 minutes before the class starts with a towel
- Parents need to wait in the hallway or observe from the window upstairs. **Parents are not permitted on deck during the lesson.**
- Swimmers should wear one piece bathing suits without pockets. Hair pulled back or in a cap is highly recommended for the girls and boys with long hair during lessons.

- Lesson swimmers may use goggles once they have been recommended to do so by the Lesson Coordinator.
- Stroke School swimmers must wear goggles and a cap for anyone with hair below their ears
- The pool water is kept at a constant 80 degrees.
- Every swimmer should have big ears and big smiles and be ready to learn.
- **Please have your swimmers try to go to the bathroom BEFORE coming in for their lesson.** If your swimmer does need to go to the bathroom during the lesson, please come to meet them at the pool door to take them to the bathroom and return to the pool.

### **Miss A Class? And Cancellations**

Due to pool availability and the complexity of scheduling, there will be no make ups or refunds for a class missed by the participant. All classes the Lesson Coordinator has to cancel for unforeseen circumstances (weather related or facility related) will be rescheduled. Information pertaining to class rescheduling, if needed, will be posted on the website [www.swimppst.org](http://www.swimppst.org).

## **General Overview of Lesson Levels**

**Yellow Piranha:** Water safety, water introduction, going under water, blowing bubbles and basic floating technique

**Orange Piranha:** Water safety, floating on front and back without help, intro to streamline position

**Blue Piranha:** Safety rules, kicking skills, streamline kicking, breath control, intro to freestyle and backstroke

**Green Piranha:** Safety rules, freestyle and backstroke skills, advanced kicking, intro of breaststroke

**Purple Piranha:** Safety rules, advanced freestyle and backstroke swimming, diving, intro to flip turns, breaststroke swimming, butterfly kicking (Eligible for placement in Stroke School)

**Stroke School:** Refine starts and turns and all competitive strokes, increase endurance and put all the strokes together.

Please note there are 3 levels within each color.