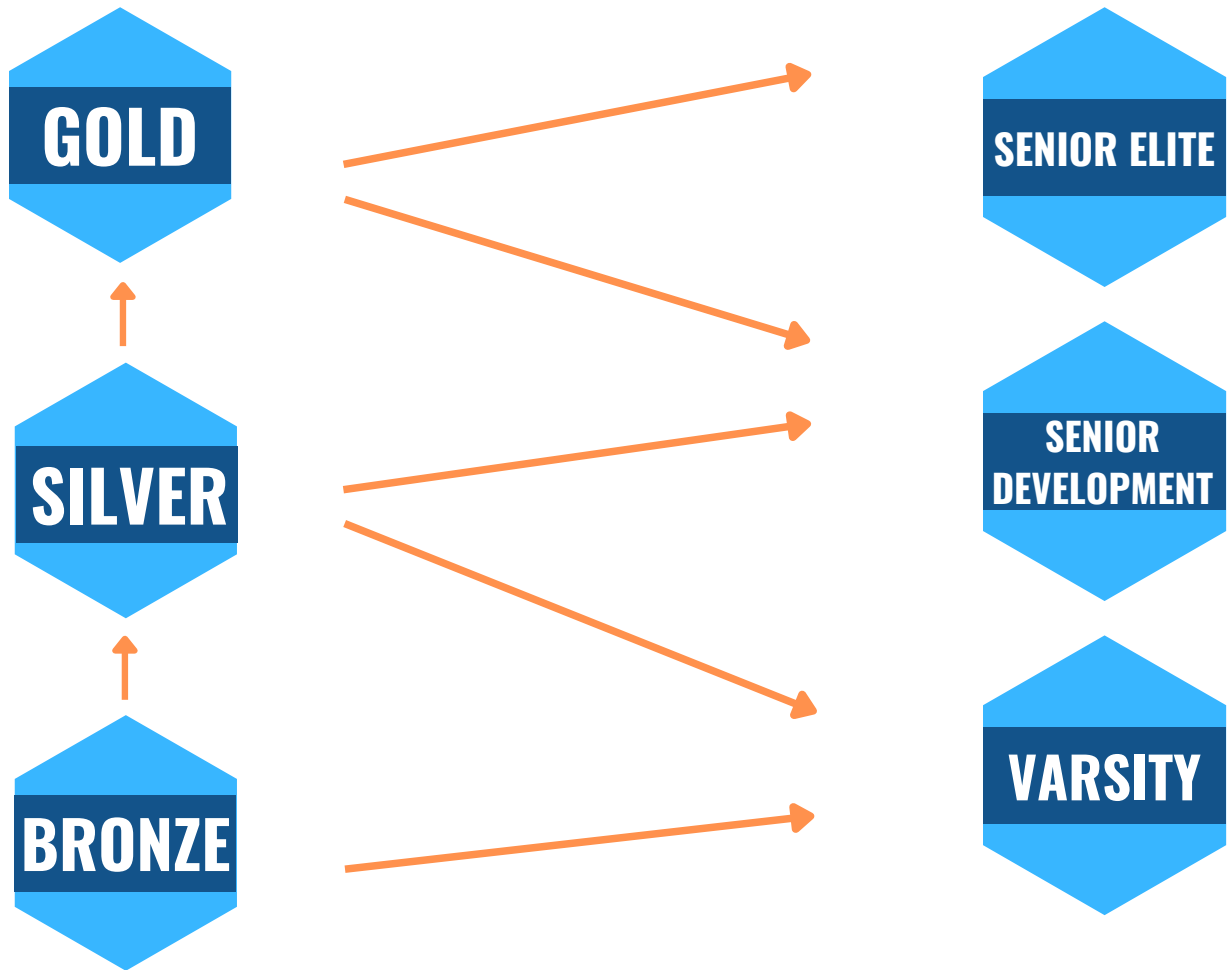


# WESTSIDE AQUATICS

## SWIM LESSONS & SWIM TEAM

COMPETITIVE



PRE-COMPETITIVE

LEARN TO SWIM

6	PRE-TEAM	Swimmers will review freestyle, backstroke, breaststroke, & butterfly while learning team-centered skills and swim group etiquette.
5	ADVANCED STROKES	Students will refine freestyle & backstroke, learn proper breaststroke timing, and components to butterfly.
4	ADVANCED KICKS	Students will refine freestyle & proper backstroke technique, and learn breaststroke & dolphin kick mechanics.
3	BEGINNING STROKES	Students will learn proper freestyle technique with side breathing, basic back crawl, and build endurance to swim half laps.
2	INDEPENDENT SWIMMING	Students will learn to swim independently, including gliding, front & back kicking, alternating arms, and safely getting out of the pool.
1	WATER SAFETY	Students will become comfortable and confident in the water, and practice breath control & submerging. They will learn front & back float and supported flutter kick.