



Nottingham Marlins  
Lesson Program

# SWIMMING

## Lessons For Kids

Session 1 June 17-21

Session 2 June 24 - 28

Session 3 July 8 - 12

Session 4 July 15 - 19

Session Times:  
10am and 10:30am  
5pm and 5:30pm



### Nemo

- Water Safety
- Blowing Bubbles
- Retrieving Objects
- Bobbing with bubbles
- Kicking on front and back
- Floating on back

### Dory

- Water Safety
- Blowing Bubbles from nose
- Retrieving Objects
- Bobbing with bubbles from nose
- Kicking on front and back
- Floating on front/back
- Intro. Freestyle

**\$50**  
MEMBERS

**\$80**  
NONMEMBERS

PER SESSION  
(4 DAYS)

### Flounder

- Water Safety
- Nose bubbles fully submerged
- Rolling front to back and back to front
- Unassisted back floating
- Freestyle
- Intro. to backstroke
- Rotary breathing
- Streamline kicking

### Maui

- Water Safety
- Bobbing with nose bubbles
- Jumping in and rolling to back
- Swim underwater
- Streamline front and back
- Side kicking
- Freestyle with rotary breathing
- Treading water