

SUMMERDARTS AND DART SWIM SCHOOL SUMMER 2024

Dart Swimming will offer a full slate of swimming for ages 18 months through teens at Community Pool (Davis CA) this summer. Registration opens on April 3 (Dart Swim School options) and April 4 (Summerdart and Teendart options)

SUMMERDARTS AND TEENDARTS	DART SWIM SCHOOL
<p>We offer an 8-week program for swimmers ages 6 through teens. Summerdarts has been a part of Davis swimming for over 35 years.</p> <p>Summerdart swimmers must be age six (by 6/1/24) through 12 who meet minimum swim skills. Teendarts is for swimmers entering 7th through 10th grade. The focus for both groups is fitness and fun as well as teaching and improving stroke technique. Swimmers should be able to comfortably swim 25 yards of freestyle and backstroke comfortably to join this group.</p> <p>Summerdart and Teendart practices emphasize the introduction and improvement of stroke skills, water fitness, water games, and introduction to competition in a fun atmosphere. Practices are offered three days per week with no mandatory attendance requirements. Practices are geared for swimmers of all ability levels, from novice to experienced.</p> <p>Swimmers must meet minimum skills levels (listed below). Swimmers not meeting skill levels may fit best in Dart Swim School offerings.</p>	<p>NEW IN 2024! We are expanding our Dart Swim School programming for the summer, and will offer a full slate of swim lessons for ages 18 months to 10 years. We will offer 3 sessions:</p> <ul style="list-style-type: none">• Session 1: June 10-July 3, offered on MW or TT (Yellow, Orange, Pink, Red, Blue, Green, Purple and Pre-Team)• Session 2: July 8-July 31, offered MW or TT (Yellow, Orange, Pink, Red, Blue, Green, Purple and Pre-Team)• Session 3: Aug. 6-15, offered TWTH (Red, Purple, Pre-Team) <p>NEW: Our popular Minidart program for swimmers ages 4-7 who are not ready or age-eligible for Summerdarts will now be offered through Dart Swim School for the summer. Swimmers will be eligible for Green, Purple or Pre-Team based on their skill/age level.</p>

SWIM EVALUATIONS

Summerdart swimmers must meet minimum swim skills. To assess skills, we will do Swim Evaluations of all swimmers new to program and to all returning swimmers ages 10 and under. These will be at Community Pool on dates in May TBA. Teendarts do not need to do evaluations but should be able to swim 25 yards of kick, freestyle and backstroke comfortably.

At Summerdart evaluations, swimmers must demonstrate the following skills to be eligible for Summerdarts:

- Kicking with board (20 yards unaided)
- Freestyle (ability to swim 20 yards, with breathing, unaided)

- Backstroke (ability to swim 20 yards, unaided)
- Bobs (rhythmic breathing)
- Comfort of swimming in all areas/depths of water

Swimmers age 7 and under who do not meet these levels can move to Dart Swim School classes that best fit their skill levels.

DART SWIM SCHOOL LEVELS	Ages (may vary)	Requirements
Yellow	18 mon-2 years Beginner	Get in water without parent. Max Ratio 2 swimmers: 1 coach
Orange	2-4 yrs Beginner	Put face in water independently and blow bubbles. Max Ratio 2 swimmers: 1 coach
Pink	3-5 yrs Beginner	Float with assistance and go underwater without assistance. Kicks independently on noodle/kickboard. Swimmers in this group must be comfortable in 3 feet deep water. Max Ratio 3 swimmers: 1 coach
Red	4-6 yrs Beginner	Float on back and stomach without assistance. Can swim 3 yards of freestyle. Max Ratio 3 swimmers: 1 coach
Blue	4-6 yrs Intermediate	Kick/Swim 10 yards unassisted freestyle (usually does side breathing) and backstroke. Max Ratio 4 swimmers: 1 coach
Purple	5-8 yrs Advanced	Kick/Swim 15 yards unassisted freestyle (with side breathing) and backstroke without stopping Able to swim in deeper pool. Max Ratio 5 swimmers: 1 coach
Green	6-10 yrs Beginner	This group is for older swimmers who are new to swim lessons. Swimmers must be able to do Bobs and glide off wall independently . Max Ratio 4 swimmers: 1 coach
PRE-TEAM	1st-4th grade Advanced	Designed for swimmers who wish to develop the skills needed to advance to Dart Swimming DD 1 or DD 2. Swimmers must be able to kick 20 yards with a kickboard, swim 20 yards of freestyle with side breathing unassisted, and swim 20 yards of backstroke unassisted.

PRIVATE LESSONS: One-on-one coaching for 30-minute sessions will also be offered on at Civic Pool on Tuesdays from 2:00-2:30 or 2:30-3:00 pm on June 12, 19, 26 and July 10, 17, and 24. Cost per session is \$40.

INFO ON SUMMER SCHEDULE AND CLASSES, SWIM EVALUATIONS, AND FEES COMING SOON!

OTHER INFORMATION

- Optional Fun Meets will be offered on several Saturday mornings. These are for all levels in Summerdarts and Teendarts. We also offer races at these meets for Swim School participants in Red, Blue, Green, Purple and Pre-Team.
- There will be the season-ending Davis City Championships on Th-Fr-Sat August 1-2-3 followed by an end-of-summer pool party open to all Dart families on Aug. 3.
- Other activities will be the annual Summerdart Design contest, Summerdart Sprintathon, Parent Night Out Pool Parties, July 4 Pool Party, and much more.

SUMMERDART AND SWIM SCHOOL DIRECTOR

Carolee Gregg

davissummerdarts@gmail.com

aquadartswimlessons@gmail.com

SUMMERDART AND TEENDART HEAD COACH

Brad Winsor

SWIM SCHOOL HEAD COACH

Sydney Christian-Lichtenhan