



Swim America Lessons with SWAT



SWAT (Southwest Aquatics Team) is excited to offer lessons using the Swim America program to prepare your child for the exciting world of competitive swimming! Swimming Lessons are located in the Aquatic Center at the Green River High School. SWAT is primarily a volunteer based club composed of parents who want to see their children have fun and succeed!

Our lessons are intended for children who are committed to learn to swim and have an interest in joining the team when they have completed the program.

Sessions:

Each session is three (3) weeks long, Monday, Tuesday, Wednesday (days are subject to shift based on availability of pool).

Class times: Classes vary between 5:00-7:30 pm

- Level 1-3 are 30 min duration.
- Level 4 is 45 min duration and is based on pool availability

Please note: Class times are subject to change between sessions. You will be notified before the next session

Cost:

\$20 yearly registration fee per swimmer

Level 1- \$40/session

Level 2&3- \$45/session

Level 4- \$50/session

Age: 6 and up

Class sizes: Classes are typically 4:1 student to instructor ratio. Level 4 can be up to 5:1.

Wait list- We currently have a wait list for all levels. Please use the google form in the lessons section of our website to get your child placed on the waitlist. When a spot is available, we will contact you.

Level 1- This is our beginner class, where the focus is for kids to learn to be comfortable in the water.

Skills they will learn:

Moving around in the water and submerging their head

Proper breathing and blowing bubbles

Controlled bobs

Float on back and stomach

Roll from front to back

Streamline

Push off wall in streamline on front and back

Level 2- The focus is for kids to apply the skills from level 1 to learn the Freestyle and Backstroke.

Skills they will learn:

Freestyle-

Flutter kick
Streamline kick front and back
Arm strokes
Breathing every three (3) strokes
Freestyle 25 yards

Backstroke-

Flutter kick
Streamline
Arm strokes
Backstroke 25 yards

Level 3- The focus is for kids to learn the Breaststroke and Butterfly.

Skills they will learn:

Breaststroke

Whip kick
Arms
Breathing
Head position
Breaststroke 25 yard

Butterfly-

Dolphin kick
Breathing
Arms
Butterfly stroke 25 yards

Level 4- The focus is to transition swimmers from lessons to the Copper 1, which is the first group on the SWAT competitive team. Class is 45 min in the deep pool only, and will help swimmers to refine their stroke techniques, build endurance, and learn the basics of starts and turns. It is a big jump to one hour practices in Copper 1, versus the 30 min lessons with shorter distances. We want them to be conditioned and feel confident before moving on to Copper.

Parent Involvement- Swim America suggests parents are not present in the same room during class time. We ask that parents wait out in the lobby, hallway, or car. While it is ok to leave during lessons, it is important for parents to be involved in the lessons process as a whole.

- How can you be involved in swimming lessons?
 - After class, ask your child what they learned, have them demonstrate new skills, keep up on progress with the instructor, communicate with the lessons coordinator, and encourage your child to try their best during lessons.