



## Flying Fish - Swim Lesson Program Advancement Guide & Fee Structure

# Group Descriptions

## **Level Zero:** Introduction to Water Class with Instructor

- Swimmers in Level Zero will:
  - Learn basic water safety skills & gain comfort in water
  - Work toward putting face in water
  - Learn motor skill necessary for swimming (kicking & pulling water motion)
- Move-up requirements Include:
  - Passing the Level Zero skills test:
    - Hold breath, put face in the water and blow bubbles [\_]
    - Kick with face in to instructor 5 yards [\_]
    - Float on stomach and back unassisted [\_]
- Once a swimmer is comfortable and safe in the water, they will begin their transition into the Level One class (with instructors' approval).

## **Level One:** Introduction to Swimming Class with Instructor

- Pre-requisites: Swimmer has passed Level Zero skills test
- Swimmers in Level One will:
  - Learn how to safely enter and exit the pool as well as the rules surrounding a swimming facility, helping make them water safe
  - Put face in the water, hold breath, and blow bubbles
  - Learn motor skill necessary for swimming (kicking & pulling water motion)
- Move-up requirements Include:
  - Passing the Level One skills test:
    - Glide on surface off of wall push [\_]
    - Basic flutter kick and basic front pull [\_]
    - 10 yards of freestyle, independently [\_]
    - 15 yards of backstroke kick, independently [\_]
- Once a swimmer has passed the Level One skills test they will begin their transition into the Level Two class (with instructors' approval).

## **Level Two:** Introduction to Freestyle

- Pre-requisites: Swimmer has passed the Level One skills test or can swim (10 Y) unassisted
- Swimmers in Level Two will:
  - Learn proper flutter kick on stomach and back
  - Learn basic freestyle technique - such as side breathing
  - Implement freestyle base drills (6 kick-switch, 8-3-8, catch-up, & 1234)
  - Learn streamline and correct body position

- Begin to explore backstroke technique
- Move-up requirements Include:
  - Passing the Level Two skills test:
    - Swim freestyle comfortably across the 25 Y pool [\_]
    - Swim backstroke 10 Y, independently [\_]
    - Kick backstroke 25 Y (arms at side or streamlined) [\_]
    - Demonstrate the correct freestyle base drills [\_]
    - Hold breath while submerging to touch the bottom of the pool in the shallow end of the pool [\_]
    - Demonstrate a sitting dive from the side of the pool [\_]
- Once a swimmer has passed the Level Two skills test they will begin their transition into the Level Three class (with instructors' approval).

### **Level Three: Cont. Freestyle & Into to Backstroke:**

- Pre-requisites: Swimmer has passed the Level Two skills test or has proper flutter kick technique on their stomach, a basic understanding of freestyle and an ability to flutter kick (25 Y) on back
- Swimmers in Level Three will:
  - Integrate side breathing to the freestyle stroke, bi-lateral breathing every three strokes
  - Continue working on proper flutter kick on back with a streamline
  - Learn basic backstroke technique
  - Integrate backstroke base drills (3-3-3, 8-3-8, & 6 kick-switch)
  - Begin to work on swimming longer distances
  - Learn the kneeling dive
- Move-up Requirements Include:
  - Passing the Level Three skills test:
    - Swim two lengths of the pool (50 Y) freestyle unassisted with only one stop [\_]
    - Swim one length of the pool (25 Y) backstroke unassisted [\_]
    - Demonstrate the correct backstroke base drills [\_]
    - Demonstrate ready position, with proper streamlined push-off on front and back [\_]
    - Demonstrate dive from kneeling position [\_]
- Once a swimmer has passed the Level Three skills test they will begin their transition into the Level Four class (with instructors' approval).

### **Level Four: Cont. Freestyle & Backstroke – Intro to Breaststroke:**

- Pre-requisites: Swimmer has passed the level three skills test or can comfortably swim freestyle two lengths of the pool (50 Y) and backstroke the length of the pool (25 Y) without stopping

- Swimmers in Level Four will:

- Refine their free and backstroke, their skill and endurance will improve
- Begin breaststroke training and breaststroke base drills (1P2K, separation, breaststroke pull with dolphin kick)
- Learn proper breaststroke under-water pull down
- Be introduced to submerged dolphin kicks with a streamline
- Begin working on flip-turns, open turns, and two hand touch/finish
- Learn the standing dive from side of pool

- Move-up Requirements Include:

- Passing the Level Four skills test:
  - Complete 75 Y free with bilateral breathing, unassisted [\_]
  - Complete 50 Y back, only one stop [\_]
  - Swim and kick one length of the pool (25 Y) with correct breaststroke technique, unassisted [\_]
  - Demonstrate the correct breaststroke base drills [\_]
  - Demonstrate ready position with proper underwater streamline, push-off on front and back [\_]
  - Demonstrate forward somersault at the wall [\_]
  - Demonstrate standing dive on side of pool [\_]

- Once a swimmer has passed the Level Four skills test, they will have successfully completed their swim lesson experience and have the option to join our USA Swim Team. The Flying Fish group is our introductory group into competitive swimming.

## Swim Lesson Fee Structure

We encourage each member to register their swimmer for a minimum of 2 class days per week. Two classes a week is the most optimal approach for beginning swimmers to be able to retain their learning and advance more quickly. Here are the fees for each class.

Class	Per Lesson Fee	Monthly Charge Per Lesson (4 classes per month)	Total Monthly Charge (2 classes per week - 8 per month)
Level 0	\$17.50	\$70	\$140
Level 1	\$17.50	\$70	\$140
Level 2	\$17.50	\$70	\$140
Level 3	\$17.50	\$70	\$140
Level 4	\$17.50	\$70	\$140

### Group Swim Lesson Discounts:

- 10% Sibling Discount