



Scottish Hills Recreational Club Group Swim Lesson Descriptions

Parent/Child: (Ages 6 months- 3yrs)

This is a water orientation class for parents & their children. This class includes songs, games & toys in order to make the children feel more comfortable in the water. Parents will learn how to hold their children in a way that is safe and will encourage proper movement through the water as they learn basic aquatic skills. The two year olds will begin to use instructional floatation devices & work to move more independently through the water under their parent's guidance. Children must have complete head control to take this class.

Preschool 1: (Ages 3-5 years)

This level is for students who have little to no experience in the water. Increasing comfort level in the water will be the main focus of this class.

Preschool 2: (Ages 3-5 years)

This level is for the beginner swimmers who are comfortable in the water and will put their face and/or head under water. This level is for students who can swim with support and are starting to figure out how to propel themselves through the water on their own. The main focus of this level is for students to be able to swim 10 to 15 feet on their front and back.

Preschool 3: (Ages 3-5 years)

This level is for students who can swim 10 to 15 feet independently with their face in the water and ready to swim more formal strokes. Students will practice freestyle and kicking on their back, as well as elementary backstroke.

Level 1: (Ages 6 to 13yrs)

This class is for students who have little to no experience in the water. Increasing comfort level in the water will be the main focus of this class.

Level 2: (Ages 6 to 13yrs)

This level is for the beginner swimmers who are comfortable in the water and will put their face and/or head under water. This level is for students who can swim with support and are starting to figure out how to propel themselves through the water on their own. The main focus of this level is for students to be able to swim 10 to 15 feet on their front and back.

Level 3: (Ages 6 to 13yrs)

This level is for students who can swim 10 to 15 feet independently with their face in the water and ready to swim more formal strokes. Students will practice freestyle and kicking on their back, as well as elementary backstroke. Students will also beginning learning dolphin and sidestroke kicks.

Level 4: (Ages 6 to 13yrs)

This level is for swimmers who can swim freestyle and backstroke for 15 yards (Over 1/2 the length of a standard pool). Students will work on building their endurance as they work to swim 25 yards of freestyle and elementary backstroke while maintaining their stroke technique. Rotary breathing will become an important part of freestyle. Students will now have learned all the pieces for Backstroke, Breaststroke, Sidestroke and Butterfly and will begin swimming them 15 yards.

Level 5: (Ages 6 to 13yrs)

This level is for swimmers who can swim freestyle and elementary backstroke for 50 yards and maintain their stroke. Students will work on refining all four competitive strokes and work to increase their endurance so they can swim 50 yards. Flip turns and more advanced skills may be introduced in this class. They will also be able to swim 25 yards of Backstroke, Breaststroke, Sidestroke and Butterfly.

Basic diving principles will be taught in this level.

Adult: (Ages 14yrs and up)

This level is for adults that are just beginning with swimming or have taken some basic lessons, but need some assistance to progress further. With the help of an instructor, you will become more comfortable in the water and begin learning basic swimming strokes as well as improving those basic strokes to help you stay active in the water. If you are looking to improve your stroke for competition or triathlons, signing up for a private lesson will better suit your needs.