

Swim Lesson Group Levels

Baby Sharks – This is our PAC (parent and child) class. Parents accompany their children in the pool to acquaint them with the water environment. Instructors show parents how to work with their children through songs and fun activities. Skills taught *gradual water adaptation *blowing bubbles * floating *arm & leg movements

Blue Sharks – This is for children ages 18 months through 3 years old; available in private lessons only. Beginning stages of swimming are taught to lay the foundation for learning strokes. Orients children to the aquatic environment and helps them gain basic aquatic safety skills. *Enter & exit water safely using the ladder, steps, ramp or side *“Monkey” crawl along the side of pool *Back floating *Roll from a back float to the front and front to back *Submerge mouth, nose and eyes *Blowing bubbles through mouth and nose *Fully submerge & hold breath

Clown Fish: This is for children ages 3 years through approximately 5/6 years of age; available in private, semi-private or group lessons. Adding to the skills developed in Baby Sharks, this level helps children start to gain basic swimming propulsive skills. Newer, age appropriate safety skills are also taught at this level. *Enter & exit water safely using the ladder, steps, ramp or side *“Monkey” crawl along the side of pool *Back floating *Roll from a back float to the front and front to back *Submerge mouth, nose and eyes *Blowing bubbles through mouth and nose *Bobbing and blowing bubbles *Begin instruction for side breathing *Front and back gliding *Streamlines / “Superman” *Combining arm and leg actions on front and back *Alternating arm and leg actions on front and back *Open eyes under water and retrieve submerges objects *Jumping into the water and returning to the side *Jumping into the water with recovery to a back float *Fully submerge and hold breath *Change direction of travel while swimming on front or back *Big Arms

Sea Turtles: This is for children ages approximately 5 years through approximately 8 years of age; available in private, semi-private or group lessons. Adding to skills developed in Baby Sharks and Clown Fish; this level helps children develop their water safety, survival and swim skills. Participants feel more comfortable in the water and feel a sense of confidence with fundamental skills. Deep water experience is added to this level during summer sessions. *Back floating *Roll from a back float to the front and front to back *Submerge mouth, nose and eyes *Blowing bubbles through mouth and nose *Bobbing and blowing bubbles *Front and back gliding *Streamlines / “Superman” *Combining arm and leg actions on front and back *Alternating arm and leg actions on front and back *Open eyes under water and retrieve submerges objects *Jumping into the water and returning to the side *Jumping into the water with recovery to a back float *Fully submerge and hold breath *Change direction of travel while swimming on front or back *Feet first surface dive *Breathing to the side for freestyle (rotary breathing) *Headfirst entries from the side sitting and kneeling positions *Using the “bounce from the bottom” safety technique to return to the side *Survival float *Flutter, dolphin and scissors kick *Front crawl and elementary backstroke *Swim under water *Age appropriate aquatics safety topics

Seals: This is for children ages 7 through adults who have a solid foundation of the freestyle stroke (front crawl) and the backstroke. This level focuses on stroke development, improvement and refinement and helps students build confidence and coordination. *Change direction of travel while swimming on front or back *Front crawl and backstroke open turns *Breathing to the side for freestyle (rotary breathing) *Headfirst entries from the side in compact and stride positions *Shallow angle dive from the side *Feet first surface dive *Survival float *Flutter, dolphin and scissors kick *Flutter and dolphin kicks on back *Front crawl and elementary backstroke *Elementary backstroke, breaststroke, sidestroke and butterfly *Age appropriate aquatics safety topics

Tigersharks: An option available for kids who don’t have a swim team at their summer pool. The GJCC Swim Team for children ages approximately 5 through 18 yrs old (still in high school). It is the goal and objective to progress our children through swim lessons and onto a swim team. As a member of a swim team, children will continue to gain confidence and skill refinement; as well as a sense of team spirit. Focus of swim team is to build on individual improvements; and to use swimming as a means of health and fitness for life.