

# SWIM INSTRUCTION



Summer 2018



## ABOUT OUR SWIM INSTRUCTION PROGRAM...

Based on the American Red Cross Swimming & Water Safety Program, our swim instruction classes promote learning in a fun & safe environment!

### Session Dates & Class Times

**Weekday Sessions  
(Monday-Thursday: 8 Classes Total)**

- Session 1: June 4-June 14
- Session 2: June 18-June 28
- Session 3: July 9-July 19
- Session 4: July 23-August 2

**Class Fees:  
\$45.00  
per session**

Fridays may be used as make-up days in the case of inclement weather or other unforeseen circumstances.



### Private Lessons:

Many children may benefit more from one-on-one instruction. Private lessons are an easy way to accommodate your child's individual needs. Private lessons will be scheduled between 8:00am and 11:00am Monday-Thursday from June 5-August 3.

**Private Lesson Fees:  
30 Minute Session  
\$30.00  
(per child)**

| St. Simons Shrimps<br>(Parent & child Aquatics Program: Ages 6 mos.-3yrs.) |                       |
|--|-----------------------|
| 8:30 a.m.-9:00 a.m.  | 10:00 a.m.-10:30 a.m. |

| St. Simons Sea Turtles<br>(Preschool Aquatics Program: Ages 3 yrs.-5 yrs.) |                     |                      |
|--|---------------------|----------------------|
| Level 1  | Level 2             | Level 3              |
| 8:00 a.m.-8:30 a.m.  | 9:00 a.m.-9:30 a.m. | 9:30 a.m.-10:00 a.m. |

| St. Simons Sharks<br>(Learn-to-Swim Aquatics Program: Ages 6 yrs. & Up) |                     |                     |                     |                      |
|---|---------------------|---------------------|---------------------|----------------------|
| Level 1   | Level 2             | Level 3             | Level 4             | Level 5 /6           |
| 9:00 a.m.-9:30 a.m.   | 8:30 a.m.-9:00 a.m. | 8:00 a.m.-8:30 a.m. | 9:00 a.m.-9:45 a.m. | 9:45 a.m.-10:30 a.m. |

**Neptune Park Pool**  
Glynn County Recreation & Parks  
550 Beachview Drive • St. Simons Island, GA 31522  
(912) 279-3720

# SWIM LESSONS' LEARNING OBJECTIVES...

## St. Simons Shrimps (Parent & Child Aquatics: Ages (6 mo.-2 years)

- Learn how to enter & exit the water in a safe manner.
- Feel comfortable in the water
- Explore submerging to the mouth, nose & eyes and in a rhythmic pattern.
- Explore buoyancy on the front & back position
- Change body position in the water with support.
- Glide on the front & back with assistance



### Green Sea Turtle (Level 1)

- Enter & exit water using ladder, steps & side.
- Blow bubbles through mouth & nose.
- Submerge mouth, nose, & eyes.
- Open eyes under water & retrieve submerged objects.
- Front & back glides & recover to a vertical position
- Back float & recover to a vertical position
- Roll from front to back & back to front
- Tread with arm & leg actions
- Alternating & simultaneous leg action on front & back
- Alternating & simultaneous arm actions on front & back

### Loggerhead Sea Turtle (Level 2)

- Enter water by stepping in
- Exit water using ladder, steps or side
- Bobbing
- Open eyes under water & receive submerged objects
- Front & back floats and glides
- Recover from a front or back float or glide to a vertical position
- Roll from front to back & back to front
- Tread water using arm & leg actions
- Combined arm & leg actions on front & back
- Finning arm action on back

### Leatherback Sea Turtle (Level 3)

- Enter water by jumping in
- Fully submerge & hold breath
- Bobbing
- Front, jellyfish & tuck float
- Recover from a front or back float or glide to a vertical position
- Back float and glide
- Change direction of travel while swimming on front & back
- Combined arm & leg actions on front & back
- Tread water using arm & leg actions
- Combined arm & leg actions on front & back.

### Angel Sharks (Level 1)

- Enter & exit water using ladder, steps & side.
- Blow bubbles through mouth & nose.
- Submerge mouth, nose, & eyes.
- Open eyes under water & retrieve submerged objects.
- Front & back glides & floats
- Recover to vertical position
- Roll from front to back & back to front
- Tread water using arm & hand actions
- Alternating & simultaneous leg actions on front & back
- Alternate & simultaneous arm actions on front & back
- Combine arm & leg actions on front & back

### Zebra Sharks (Level 2)

- Enter & exit water using ladder, steps & side.
- Fully submerge and hold breath
- Bobbing
- Open eyes under water and retrieve submerged objects
- Front, jellyfish & tuck float
- Front & back glides & floats
- Recover to vertical position
- Roll from front to back & back to front
- Change direction of travel while swimming on front or back
- Tread water using arm & leg actions on front & back
- Finning arm action

### Leopard Sharks (Level 3)

- Enter water by jumping from the side
- Bobbing while moving toward safety
- Rotary breathing
- Survival float
- Back float
- Change from vertical to horizontal position on front & back
- Tread water
- Flutter, scissor, dolphin and breast-stroke kicks on front
- Front crawl and elementary back-stroke

### Hammerhead Sharks (Level 4)

- Swim under water
- Feet first surface dive
- Front crawl & backstroke open turns
- Tread water using 2 different kicks
- Front & back crawl, elementary back-stroke, breaststroke, sidestroke, & butterfly
- Flutter and dolphin kicks on back

### Great White Sharks (Level 5/6)

- Sculling
- Tread water, kicking only, in deep water
- Demonstrate a feet-first surface dive & retrieve an object from a depth of 7 feet
- Front crawl
- Backstroke
- Butterfly
- Elementary backstroke
- Breaststroke
- Sidestroke
- Front flip turn & backstroke flip turn while swimming