

Plum Brook Country Club

Group Swim Lessons

By: Water Safety Instructor Megan Leake

Summer I Mon-Fri 6/13/11 – 6/24/11	
<u>Preschool Aquatics</u>	
4-5 years	
Guppies	10:30-11:00 AM
<u>Learn-to-Swim</u>	
6 & older	
Level 1	11:00-11:30 AM
Level 2	11:30-12:00 PM
Summer II Mon-Fri 7/11/11 – 7/22/11	
<u>Preschool Aquatics</u>	
4-5 years	
Guppies	10:30-11:00 AM
<u>Learn-to-Swim</u>	
6 & older	
Level 1	11:00-11:30 AM
Level 2	11:30-12:00 PM

Price:

\$65 per Child

Placement Testing

Every child has a different swimming ability. In order to place your child in the appropriate level, placement testing will be done at the first class on Monday 6/13 and 7/11.

* To sign up, please fill out the form at this link:

[Sign Up Here!](#)

PRESCHOOL AQUATICS

Gives children ages 4 and 5 a positive experience that introduces fundamental swimming concepts in a class environment with direct assistance.

Guppies: Helps participants feel comfortable in the water while practicing water safety. Also improves coordination of simultaneous and alternating arm and leg actions.

- Entering and exiting the water using ladder, steps, or side
- Blowing bubbles through mouth and nose
- Open eyes under water and retrieve submerged objects
- Front and back floats and front glide
- Recovery from a front and back float or glide to a vertical position
- Rolling from front to back and back to front
- Treading water using arm and leg actions
- Combined arm and leg actions on front and back

LEARN-TO-SWIM

Designed to give swimmers about 6 years and older a positive learning experience in the water. Also gives participants success with fundamental skills.

Level 1: Helps participants feel comfortable in the water while increasing the complexity of the age-appropriate skills. Independent and limited direct assistance.

- Enter and exit water using ladder, steps, or side
- Blowing bubbles through mouth and nose
- Bobbing
- Open eyes under water and retrieve submerged objects
- Front and back floats and glides
- Recover to vertical from a front and back float and glide
- Rolling from front to back and back to front
- Treading water using arm and leg actions
- Alternating & simultaneous leg and arm actions on front and back
- Combined arm and leg actions on front and back

Level 2: Builds on the skills in Level 1 while increasing their fundamental skills.

- Enter and exit water by stepping or jumping from the side
- Fully submerge and holding breath
- Front, back, jellyfish and tuck floats
- Change direction of travel while swimming on front or back
- Refined combined arm and leg actions on front and back
- Finning arm action on back

*These lessons are largely based on interest. The levels, as well as their times, are flexible to change depending on the swimmers who sign up. If you have any questions, concerns, or would like more information, please feel free to email me at mleake1@gmail.com or you can call me at 419-202-1408.