



Group Swimming Lessons 2022

Course Descriptions

Level 1: Introduction to Water Skills

For children 3 years and up who have little or no previous water experience or for children who are not yet getting their faces wet.

Level 1 participants will learn to:

- Enter and exit the water safely
- Submerge mouth, nose, and eyes
- Exhale underwater through mouth and nose (blow bubbles)
- Open eyes underwater and pick up submerged item on bottom
- Begin prone (front) and back float
- Begin flutter kick
- Jump off side of pool
- Enjoy and feel comfortable in the water

Level 2: Fundamental Water Skills

For children 3 years old and up who are secure with fundamental skills and are comfortable getting their faces wet and going underwater.

Level 2 participants will learn to:

- Exit water safely using ladder or side
- Blow bubbles while submerging head (bobbing)
- Open eyes underwater and pick up submerged item in shallow water
- Prone (front) and back float with glide and kick
- Roll over front to back and back to front
- Begin swimming using arms with kick



Level 3: Stroke Development

For children 4 years old and up who perform fundamental water skills independently.

Level 3 participants will learn to:

- Prone (front) and back float with flutter kick
- Change direction of travel on front or back
- Develop freestyle with kick and rhythmic breathing
- Develop back crawl (backstroke) with kick
- Tread water
- Swim under water
- Dive from kneeling or standing position.

Level 4: Advanced Stroke Development

For children 7 years old and up who can swim independently and want to perform refine proper swim strokes.

Level 4 participants will learn to:

- Refine freestyle with breathing
- Refine back crawl (backstroke)
- Develop breast-stroke
- Sculling with back float and flutter kick
- Tread water for one minute
- Dive from side of pool and diving board

Shepherds Vineyard Group Swim Lesson Schedule Summer 2022

Sessions	Dates	Class	Time
Weekend Session A	June 3, 4, 5, 10, 11, 12	Levels 1 & 2	Friday 5:00-5:35pm Sat. 9:00-9:35 am Sun. 11:00-11:35am
		Levels 3 & 4	Friday 5:45-6:20pm Sat. 9:45-10:20am Sun. 11:45am-12:20pm
Session 1	June 6, 7, 9, 13, 14, 16	Level 1	9:00 am - 9:35 am
		Level 2	9:45 am – 10:20 am
Weekend Session B	June 17, 18, 19, 24, 25, 26	Levels 1 & 2	Friday 5:00-5:35pm Sat. 9:00-9:35 am Sun. 11:00-11:35am
		Levels 3 & 4	Friday 5:45-6:20pm Sat. 9:45-10:20am Sun. 11:45am-12:20pm
Session 2	June 20, 21, 23, 27, 28, 30	Level 1	9:00 am - 9:35 am
		Level 2	9:45 am – 10:20 am
Session 3	July 5, 6, 7, 11, 12, 14	Level 1	9:00 am - 9:35 am
		Level 2	9:45 am – 10:20 am
Weekend Session C	July 8, 9, 10, 15, 16, 17	Levels 1&2	Friday 5:00-5:35pm Sat. 9:00-9:35 am Sun. 11:00-11:35am
		Levels 3&4	Friday 5:45-6:20pm Sat. 9:45-10:20am Sun. 11:45am-12:20pm
Session 4 Combined Swim Levels	July 18, 19, 21, 25, 26, 28	Level 1/2	9:00 am - 9:35 am
		Level 3/4	9:45 am – 10:20 am
Weekend Class D	July 22, 23, 24, 29, 30, 31	Level 1/2	Friday 5:00-5:35pm Sat. 9:00-9:35 am Sun. 11:00-11:35am
		Level 3/4	Friday 5:45-6:20pm Sat. 9:45-10:20am

			Sun. 11:45am-12:20pm
Adult Swim Lessons	August 8, 9, 11, 15, 16, 18		7:00pm – 7:45 pm

Cost: Member fee \$60 /session
 Non-Member fee \$75 / session (includes 6 visitor passes to use during the two-week session)

Enrollment:

During the first session, children will be assessed for the appropriate class.
 Sessions are limited to maximum 10 participants and minimum 3 participants per class.

Inclement Weather: In the event of inclement weather and a lesson is canceled, the lesson will be made up the Friday of the same week. The weekend session would be made up on Monday (following the weekend) at 5:00 and 5:45pm.

Swim Lesson Registration

To register: [Camps - eSoft Planner](#)
[\(opens in a new tab\)](#)

esoftplanner.com/v3/planner/camps.php?access=0dG81LSVxNmo65bHvHuFu5yMoQ==

This information will also be located at the pool lifeguard desk.
 Questions, call Cindy Hardin at 919-605-9082 or Kristen Holmes 910-262-3402 or email shepherdsvineyardswimlessons@gmail.com