



Group Swimming Lessons

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
- Roll over front to back and back to front
- Begin swimming on front and back using arms and legs with support.
- Jump off side of pool.

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
- Prone (front) and back float with glide
- Change direction of travel on front or back
- Begin swimming using crawl and elementary back stroke.
- Tread water



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 glide
- Change direction of travel on front or back
- Develop freestyle (armstroke)
- Develop back crawl (backstroke)
- Tread water using hand and leg movements
- 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:

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

Shepherds Vineyard Group Swim Lessons

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 will be made up on Monday (following the weekend) at 5:00 and 5:45pm. Any weather delays or schedule changes will be communicated via email to the email that was used for registration of the class.

Swim Lesson Registration-please see link to esoft planner on swim lesson page

- If the lesson is not during open pool hours, no one except the swimmer is allowed in the pool or on the pool deck. You may sit in the rocking chairs above the steps.
- Each non-member receives 6 day passes to practice their swim lesson skills, one per family for one session only. You may use it at any time when the pool is open during the two weeks you are taking your first set of lessons.
- The instructors will evaluate the participants on the first day to ensure they are in the correct class for their skill level.
- Bathrooms are available on the right hand side of the building past the water fountain.
- For any questions or concerns please email shepherdsvineyardswimlessons@gmail.com

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